

# San Choi Bau with Soy Flavour Pearls

May 20, 2021

## San Choi Bau with Soy Flavour Pearls



San Choi Bau is a super quick healthy dish that can be adapted to suit most. We eat this regularly at our place, I usually add a side of noodles or Jasmine rice and maybe a few spring rolls. The name San Choi Bau literally translates to 'lettuce wrap' and lettuce face it it's quite nice to eat with your hands sometimes! It's a very relaxed meal too with everything on the table so everyone can serve themselves. The Soy Flavour Pearls add delightful salty bursts to each bite.

## What you'll need...

- Oil
- Garlic – Crush 1 – 2 cloves
- Onion – 1 small, dice finely
- 500 g Pork/Chicken Mince or Tofu/Tempeh or Cauliflower
- Waterchestnuts – 1 small tin, chopped
- Shitake Mushroom, fresh – 6 each, sliced
- Soy Sauce – 2 tbs

- Oyster Sauce – 2 tbs
- 2 tsp cornflour mixed with  $\frac{1}{4}$  cup of cold water
- Chilli – finely sliced
- Spring Onion – finely sliced
- Butter Lettuce – Separate the leaves and wash well
- Sesame seeds
- [Soy Flavour Pearls](#)

## Lets get started

As this is a quick cooking dish we'd better get our garnishes ready first. We used Butter Lettuce as it is easy to separate into nice leaves. Iceberg or Cos Lettuce would also be great. Make sure they are thoroughly washed, grit won't make you any friends ☐

Finely slice your Chilli and Spring Onion and set them aside. The addition of some nice crunchy bean shoots and perhaps some julienne carrot would be lovely too.

### Next

Add the finely diced onion, garlic and Shitake to your hot wok or frypan with a little oil. Cook until it's starting to colour a little, then add in the mince or vegetarian option of your choice. (dice the tempeh /tofu and chop the cauliflower so they are mince type size). Once the meat is browned add your Soy and Oyster Sauce. Once this is hot add in the Corn flour slurry (this is what you call it when it's mixed with water) and your sauce will be magically thickened. If it's too thick just add in a splash of water and bring back to the boil. Add in the chopped waterchestnuts here too.

\*You can have your dish prepared to this stage even a day or two earlier if you want to be organized.

## Ready to serve

I like to have everything on the table ready to go, so lets pop your washed lettuce on a nice plate and your sliced chilli, spring onion,

sesame seeds and [Soy Flavour Pearls](#) in dishes ready for fingers or spoon access. Turn the heat on again to warm up your meat/veg base, then carefully transfer it into a serving bowl for the table.

I feel a glass of bubbles only makes this more delicious too...cheers!

\*\*If you don't like Soy...take a peek at our other flavours, just click [HERE](#) There are plenty of others to choose from.

Ta dah...

Until next time

Enjoy...from the Peninsula Larder Team

*"They say fingers were made before forks, and hands before knives."*

*Jonathan Swift*