

San Choy Bow 生菜包

Adapted from <https://casuallypeckish.com/san-choy-bow-lettuce-wraps/> and other recipes

Ingredients

Lettuce, for wrapping (several leaves per person)

1 tablespoon sesame oil

1 onion, diced

3 cloves garlic, finely chopped

1 teaspoon grated ginger

1 chilli, very finely chopped, or use ¼ teaspoon dried chilli flakes

½ teaspoon salt

1 block tofu

¼ head of broccoli, chopped

¼ head of cauliflower, chopped

1 carrot, sliced

1 tablespoon soy sauce (use tamari for gluten free)

The fresh squeezed juice from one orange

1 tablespoon brown sugar

1 teaspoon cider or rice vinegar

1 spring onion, finely sliced (optional)

Instructions

1. Saute onions, garlic, ginger, chilli, and salt with sesame oil in a large non-stick pan or skillet. Cook medium-high heat until onion sweats and is fragrant, about 3-4 minutes.
2. Push onions to the rims of the pan, add tofu and saute for about 2 minutes on high heat.
3. Add carrots, broccoli, soy sauce, juice, sugar, and rice vinegar. Mix and cook on low heat for 10 minutes.
4. To assemble the san choy bow, scoop 1 heaped tablespoon of filling into 1 baby gem lettuce leaf and (optional) top with finely sliced spring onion/scallions and fresh chilli. Repeat for remainder of filling.
5. Serve immediately and enjoy!