



Love | Cook | Live



Free range Pork San Choi Bau with vermicelli noodles

Free range pork mince, cooked in our flavoursome Prep'd sauce, served with thin rice vermicelli noodles, bean sprouts and coriander in crisp lettuce leaves. A light, healthy, gluten free meal which appeals to all ages.

Prep'd and packed for you
vermicelli noodles
1 tbs sesame oil
crushed ginger and garlic
free range pork mince
carrots
Prepd sauce - oyster sauce, soy sauce, sesame oil
spring onions
whole fresh lime
beansprouts
coriander leaves
crispy fresh lettuce leaves

Prep and cook time	25 mins
Calories per serve	430

What you will need from your kitchen

- Vegetable peeler and grater
- Knife and chopping board
- Large Wok/frypan
- Large heat proof bowl
- Kettle of boiling water

Prep'd San Choi Bau.

This dish is a favourite in the Prep'd household! The addition of thin rice noodles in our version makes it a more filling dish, but they can easily be left out or eaten separately. The squeeze of lime gives this dish a fresh, light flavour we hope you'll enjoy!

Recipe #18



Prep

*Peel and grate the carrots.

Gently remove and wash the lettuce leaves and wash the sprouts. Set both aside.

Thinly slice the spring onions, separating the white and green parts.

Roughly chop the coriander and set aside.

Juice one lime (by hand or manual juicer) and slice the other into wedges.

Boil the kettle.

Cook

1. **Heat wok/frypan over high heat, add sesame oil and swirl to coat the pan.**
2. **Add crushed garlic and ginger, the white of the sliced spring onion, pork mince and grated carrot and stir fry 4-5 minutes or until the pork just changes colour and carrot is softened. Break the mince up as it cooks by pressing with your wooden spoon.**
3. **Add the Prep'd San Choi Bau sauce and the juice of one lime and cook, stirring frequently, for 4-5 minutes, until sauce is combined and mince is cooked.**
4. **Meanwhile soak the noodles in a large heat proof bowl of boiling water until softened (approx. 2 to 3 mins). Drain the noodles when cooked and set them aside.**
5. **When the mince is cooked, stir through half the chopped coriander and the beansprouts to soften them.**

Serve

Serve the lettuce leaves, mince, noodles, lime wedges, sliced green spring onions and coriander in separate bowls and allow everyone to make their own.

Place some noodles into lettuce leaves first, then top with mince and finish with extra coriander and a squeeze of lime juice to taste.

For the kids

Kids love getting involved and putting their San Choi Bau together themselves.

For younger kids, combine some mince and noodles in a bowl to eat as is, or roll in a small lettuce leaf to make it easier for little hands to handle.

Using your thermomix..

*Grate the peeled and roughly chopped carrots 6 seconds / speed 6