

# FIONA TUCK

NUTRITION WELLNESS YOGA



## San Choy Bow with Bean Sprouts

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### Ingredients:

1 tbsp sesame or peanut oil  
500g lean turkey mince  
1 tbsp soy sauce  
2 tbsp oyster sauce  
Small tin water chestnuts, diced  
3 spring onions, finely sliced  
2 large handfuls bean sprouts  
1 long red chilli, finely sliced  
8 medium sized lettuce leaves  
1/3 cup roasted peanuts, crushed  
1/3 cup coriander leaves

Prep: 10 mins

Cook: 5 mins

Serves: 4

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### Directions:

1. Heat oil in a large frying pan or wok over medium heat. Add mince and cook for 4-5 minutes or until browned, breaking it up as it cooks.
2. Stir through soy sauce and oyster sauce.
3. Add water chestnuts, spring onions, bean sprouts and half the chilli and toss through.
4. Place lettuce leaves onto serving plates. Spoon pork mixture into centre, top with peanuts, coriander and remaining chilli and serve.

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Image courtesy of Aussie Sprouts, for more information please visit:

<https://aussiesprouts.com.au/>

