

## Sang Choy Bow

### Thai Spice

Serves 1

Preparation time 8 minutes

Cooking time 8 minutes

### Ingredients:

**1 clove garlic, crushed**

**150g minced chicken breast (substitute with ground beef if preferred)\***

**½ teaspoon Thai Spice Blend**

**1 tablespoon Tamari**

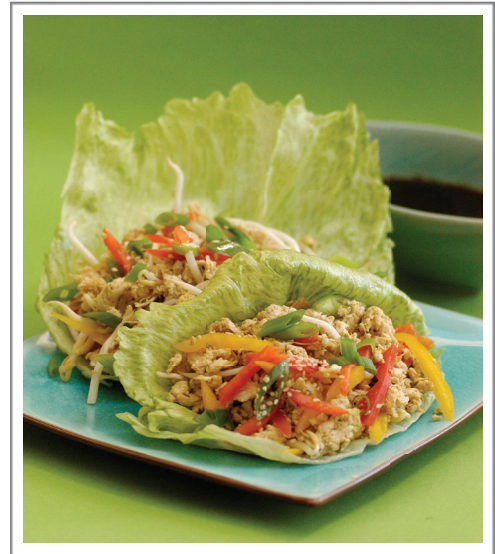
**100g red green and yellow pepper, thinly sliced\***

**30g bean sprouts\***

**1 shallot thinly sliced\***

**1 tablespoon sesame seeds**

**2 large iceberg lettuce leaves**



### Method:

1. Heat a lightly oiled heavy base fry pan over medium heat.
2. Add garlic, chicken mince and **Thai Spice Blend**, stir until cooked through. Reduce heat, add **Tamari** and peppers and simmer uncovered, stirring for 2 minutes.
3. Remove from the heat and stir in sprouts and shallots.
4. Divide mince mixture into two and place on the lettuce leaves then sprinkle with sesame seeds.
5. Serve immediately.

\* Adjust weight to your portion size

### ...Cook's Tips

#### Extra servings:

To increase servings to include the rest of the family simply times ingredients by how many servings are required.

For those not on the Quick Loss program

Serve with Boiled Rice.