

Recipe

MODIFICATION

Pork San Choy Bow

Elleni Thorbjornsen, Dietitian, Darwin

✗ Original Ingredients	✎ Modifications	✓ Modified Ingredients
400g regular pork mince	Reduce the amount of pork mince and buy the fat reduced version	250g lean pork mince
2 cups cooked vermicelli noodles		2 cups cooked vermicelli noodles
4 spring onions	Add more vegetables and an additional onion for flavour, fibre and to add bulk to the meal	4 spring onions 1 large red onion ¼ cabbage shredded 150g bean sprouts 1 capsicum
2 large grated carrots		2 large grated carrots
2 large iceberg lettuce leaves per person		2 large iceberg lettuce leaves per person
10 ml fish sauce 10 ml soy sauce 10 ml sweet chilli sauce	Reduce the amount of fish sauce and eliminate the soy sauce to reduce the salt in the dish. Add garlic, chilli and ginger to give the dish more flavour without the salt.	5 ml fish sauce 10 ml sweet chilli sauce 1 small red chilli 3 cloves crushed garlic 1 small piece ginger diced
5 ml vegetable oil	Light olive oil is better for you	5 ml light olive oil

This is a great one-pot dish that is full of vegetables and bursting with flavour. The more vegetables and chilli, the more flavour. You can make this with any meat you like, it doesn't have to be lean pork and if you're a vegetarian, it tastes great with lentils too! This recipe serves 4 and our modifications mean it is lower in fat and salt as well as higher in fibre. Enjoy!

Method

1. Heat oil in a frying pan and place over high heat.
2. Cook pork mince, onion, garlic and ginger for 5 minutes, until browned.
3. Add carrot, cabbage and capsicum; cook for 2-3 minutes, or until soft.
4. Stir through vermicelli noodles, bean sprouts and add fish sauce, sweet chilli sauce and chilli.
5. Spoon mixture into lettuce leaves to serve, garnish with spring onion.

Nutritional information

	Original Recipe		Modified Recipe	
	Per Serve	Per 100g	Per Serve	Per 100g
Energy (kJ)	1360	395	1190	306
Protein (g)	23.6	6.9	20.1	5.2
Fat Total (g)	12.8	3.7	10.3	2.7
– Saturated (g)	4.2	1.2	3.4	0.9
Carbohydrate (g)	26.3	7.6	24.5	6.3
Fibre (g)	4.7	1.4	5.7	1.5
Sodium (mg)	586	170	296	76

