

# Eggplant and Hibiscus Sang Choy Bow (Chinese Lettuce Cups)

## Ingredients:

- 1 tbsp Plenty Foods heart smart safflower oil
- 1 red onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 tbs fresh ginger, grated
- 1 tbs Petersen's Farm red chilli, seeded and finely chopped
- 250g Petersen's Farm eggplant, finely chopped
- 1 tsp Mudgeera Spices Chinese five spice powder
- 220g Kingaroy peanuts, chopped
- 2 tbsp soy sauce
- 2bs Petersen's Farm hibiscus leaves
- 1 tbsp Hum Honey
- 8 cos lettuce leaf cups
- 75 g bean sprouts
- Petersen's Farms coriander leaves, to garnish

## Instructions:

- 1 Heat the safflower oil in a large pan and cook the red onion and garlic for 2 minutes.
- 2 Add the chilli, eggplant and five spice and cook for a further 5 minutes.
- 3 Stir in the peanuts, soy sauce, lime juice and honey and warm through gently, stirring until the pork is cooked through.
- 4 Allow to cool then chill for at least 20 minutes.
- 5 Separate the lettuce leaves and place 12 on a large serving platter.
- 6 Stir the bean sprouts into the minced pork then spoon into the lettuce leaves.
- 7 Drizzle with chilli lime dressing and garnish with coriander leaves and serve.

## Chilli and Lime Dressing:

- $\frac{1}{2}$  cup lime juice
- $\frac{1}{4}$  cup Plenty Foods extra virgin peanut oil
- 2 tbsp palm sugar
- 2 tbsp Petersen's Farms coriander leaves, to garnish
- 1 tbsp Petersen's Farm red chilli, seeded and finely chopped
- salt

- 1 Combine all ingredients, chill for 2 hours for flavours to blend.

Serves 4.