

“Give me  
a Mandy  
Mum!”



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Co-founder of 4 Ingredients



# AUSSIE MANDARIN SAN CHOY BOW

**SERVES 8**

## INGREDIENTS

- 1 Aussie Mandarin
- 500g pork mince
- 2 tbs Gourmet Garden Thai Fresh Blend
- 8 Iceberg lettuce leaves

## METHOD

Add mince into a non-stick frying pan and cook for 3-4 minutes or until just changing colour. Remove pith from Aussie Mandarin segments and slice in half. Add to pan with Thai blend. Stir-fry until cooked. Place mixture into lettuce cups and serve.

## PLATING

Serve with sweet chilli sauce to dip. Add vegetables of choice to the mix for extra natural goodness.



**Aussie Mandarins**