

Chinese Lean Mince Char Sui.

Servings: 2/3 portions



Ingredients

- Lean Mince or Quorn
x 500g
- Spring Onion x 4
- Chilli x 1
- Garlic x 4 cloves
- Char Sui Sauce x 2
Tbsp
- Soy sauce x 2Tsp
- Cooked Rice or grain
of choice x 250g
- Peas x 2 handfuls
- Coriander x Handful
chopped
- Lemon x 1
- Egg x 1 each

Method

- Start by browning off the mince in a pan, then remove.
- Slice the spring onions, chilli and garlic and gently fry those off in the pan until soft.
- Add the cooked rice and stir-fry for a few minutes until crispy.
- Chuck the mince back in followed by the soy sauce, char sui sauce, peas, chopped coriander and the juice of a lemon.
- Portion up into bowls and fry up a crispy egg for the top. Enjoy!

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This recipe is perfect for a quick and easy mid-week meal that can be whipped up in 10-15minutes.