

“Give me
a Mandy
Mum!”



Kim McCosker
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