

Pork and Lettuce Wraps (Serves 4)

Ingredients

- Sunflower oil, for frying
- 500g pork mince
- 1 tbsp ginger
- 1 tbsp garlic
- 2 tbsp soy sauce
- Sesame seeds
- Spring onions
- Butter or Oak or Cos lettuce leaves, separated, washed and dried

Method

1. Heat 1 tbsp oil in a wok or frying pan over a high heat. When hot, add the pork, ginger, garlic and soy and stir-fry for 3-5 minutes. Break the pork apart with a wooden spoon and cook until golden-brown and slightly crispy. Toss through the sesame seeds and spring onions and serve with the lettuce leaves.

Chef's Tips

- The best thing about this recipe is that everyone can help themselves. Simply take a lettuce leaf and fill with the pork mixture, wrap to hold everything in place and enjoy!
- Boost the veggie content of this dish by adding 1/2 cup frozen corn, peas and carrots to the pork when cooking. Not only will it be healthier for your kids but they'll love all the colours.
- Switch lettuce for wholemeal wraps for a great lunchbox alternative.