

Vegan San Choy Bow



Ingredients

For the Sauce:

- 1 1/4 tsp cornflour
- 2 tbsp water
- 3 tbsp soy sauce
- 3 tbsp vegetarian oyster sauce
- 1 tbsp maple syrup

For Serving:

- 8-10 large lettuce leaves (iceberg)
- Crushed cashews
- Spring onion, chopped

For the Filling:

- 2 1/2 cups Textured Vegetable Protein
- 2 1/2 cups boiling water (for soaking TVP)
- 1 garlic clove, minced
- 1/2 tsp ginger powder
- 1 small carrot, finely chopped
- 1/2 cup spring onion, chopped
- 1/4 cup white mushrooms, finely chopped
- 1/4 cup canned water chestnut mushrooms, finely chopped

Method

- Mix cornflour with water until lump-free. Add the remaining sauce ingredients and mix together.
- Rehydrate Textured Vegetable Protein by gently combining it with boiling water in a heatproof bowl. Let it soak for 5-10 minutes until it achieves a minced texture.
- In a frypan over medium heat, warm oil. Sauté garlic and ginger powder until aromatic. Add carrots, spring onion, and mushrooms. Cook until lightly browned.
- Introduce the rehydrated Textured Vegetable Protein and sauce ingredients to the frypan. Stir and cook until well combined, allowing the sauce to thicken.
- Transfer the filling to a serving bowl. Arrange lettuce leaves, peanuts, and spring onions on the side.
- To enjoy, spoon some filling into a lettuce leaf, and garnish with cashews and spring onion. Delight in the deliciousness!

