

GINGER PORK LETTUCE WRAPS

Garlic and ginger add depth to this great appetizer. Serve with steamed Jasmine rice to turn this side into a main course.

 15 minutes

 30 minutes

 4 portions

INGREDIENTS

- 1 pound ground pork (not sausage)
- 1/2 cup finely chopped bell pepper
- 1/2 cup finely chopped onion
- 4 oz water chestnuts, drained and chopped
- 1 tablespoon ginger puree
- 4 cloves raw garlic, smashed and chopped
- 2 tablespoons Hoisin sauce
- 2 tablespoons coconut aminos (or soy sauce if you aren't GF)
- 2 tablespoons sesame oil
- 1 tablespoon rice wine vinegar
- 2 tablespoons green onions
- 1 head butter or leaf lettuce, rinsed and separated

COOKING METHOD

- 1° In a large saute pan, cook the peppers, onions, water chestnuts, garlic, and ginger in the sesame oil for about 5 minutes, or until the vegetables start to soften.
- 2° Add the pork to the vegetables in the pan, breaking up the meat until it's very small and cooked through, about 5-7 minutes.
- 3° Add the coconut aminos, Hoisin sauce, and rice wine vinegar to the pork and vegetable mixture. Stir to combine, turn the heat down to low, and simmer for 5 more minutes.
- 4° Garnish the pork with the scallions. Serve in the lettuce cups for a delicious appetizer!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (303 g)	% DRI
ENERGY	150 kcal	456 kcal	23 %
FAT	10 g	32 g	48 %
FATTY ACIDS, TOTAL SATURATED	3 g	10 g	50 %
CHOLESTEROL	27 mg	82 mg	27 %
SODIUM	157 mg	477 mg	20 %
CARBOHYDRATE	7 g	20 g	7 %
SUGARS	2 g	5 g	—
FIBER	1 g	2 g	9 %
PROTEIN	7 g	23 g	—