**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**RECIPE:** Shredded Lettuce Cups

**Servings:** 2 people

SAUCE

45mL Hoisin Sauce

15mL Soy Sauce

15mL Rice Vinegar

2.5 mL Sesame oil

2.5 mL Minced Ginger

2.5 mL Minced Garlic

FILLING

10mL Oil (optional - hot chili oil)

100g Ground chicken or pork

60mL diced onion

60mL zucchini minced

60mL mushrooms, diced

60mL shredded carrot

1 Green Onion, chopped

Iceberg Lettuce, shredded

45mL water chestnuts, minced

**INSTRUCTIONS:**

1. In a small bowl or measuring cup combine all sauce ingredients. Mix well and set aside.

**\*REMINDERS**

-Bring frying pan to front so teacher can place raw meat into pan for you

-peel ginger first

-have all vegetables prepared before starting

-Enjoy while it is hot then clean your dishes.

-Lettuce provided by teacher is for the unit

1. Wash and prepare vegetables
2. Heat oil over medium-high heat in a non-stick frying pan. Add ground meat and sauté for 4-5 minutes or until thoroughly cooked. Break meat up while cooking. Drain off any fat.
3. Add onions, zucchini, mushrooms, shredded carrot. Cook and stir until vegetable are tender, about 3 minutes.
4. Stir in water chestnuts and sauce. Cook until sauce is heated through then remove from stove. (2min)
5. Sprinkle with chopped green onion
6. Serve immediately over a bed of shredded iceberg lettuce or by placing the warm *mixture* in center of a lettuce leaves and wrapping tightly.

**Hoisin Sauce:**

Is a dark, thick Asian condiment made from fermented soybean paste and other ingredients. It has a very strong salty and slightly sweet flavor. It is not made with any animal products. Traditionally served with Peking Duck.

PERSON B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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PERSON A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Tray Equipment:

**LAB DUTIES:**

Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Housekeeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dish Dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special Duties: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**QUESTIONS:** Reference: Focus on Fibre

1. Use your **phone** to find out all you can about the water chestnut. What are they? What do they look like?
2. Water chestnuts are very nutritious and contain high amounts of fiber and other essential nutrients. What are other foods that are rich in fibre?
3. Most Canadians do not get enough fibre each day. Why do we need to eat a diet rich in fiber?
4. What exactly is fibre?
5. Describe 4 ways you could get more fibre in your diet