

FAMILY FAVOURITE SAN CHOY BOW

Kids in the kitchen



PREP 5 min | COOK 10 min | SERVES 4

San Choy Bow is a delicious classic Chinese meal!

It is quick and perfect for week nights. Place a big bowl of your meat mix on the table with empty lettuce leaves and let the kids make their own wraps.

INGREDIENTS

500g chicken mince
3 cloves garlic, minced
1/4 cup soy or tamari sauce
1/4 cup honey
1 tsp sesame oil
2 tbsp sesame seeds
2x spring onions, thinly sliced
1x lettuce (iceberg, butter or cos)

METHOD:

In a frypan, heat the sesame oil and add the chicken mince. Stir until browned and add the garlic, tamari and honey. Stir until the sauce reduces and the chicken starts to caramelise. Serve with the lettuce cups, sliced spring onion, coriander, sesame seeds and fresh chilli

Jo Kate is a realistic nutritionist offering simple & effective ideas, tips and recipes to inspire healthy living. Find more delicious recipes at jokatenutrition.com

Play with purpose



Cultural Diversity

Cultural diversity surrounds us. Diverse cultures in early learning is a tremendous opportunity. We value and respect our families and staff's cultural background and enjoy participating in the wider community to share authentic cultural activities with children and families.

Ways we share cultural diversity:

Sing and tell stories together. We read stories from a wide range of authors with diverse characters and storylines. We ask families to share stories that are special to them, support Home Languages, retell oral stories, encourage children to participate in oral storytelling.

Invite families to share Cultural celebrations happen throughout the year. These are opportunities for communicating and interacting across cultures. We encourage families to share important cultural holidays or celebrations in authentic ways. We organise inclusive activities that children share in together.

Use a range of media to share, learn and challenge stereotypes and discrimination.

National Quality Framework |

Quality Area 6:

Collaborative partnerships with families and communities