



PORK & LETTUCE WRAPS

These Chinese style pork wraps are great for a quick dinner and they offer a good way to use up any leftovers. Don't just stick to carrot and spring onions, why not try baby corn or red pepper too?

It is important that the oil is really hot in the pan to give the pork a crisp coating, if it is not hot enough the cornflour will be slimy.



Skills Check: Follow a recipe; follow food safety & hygiene rules; chop using the bridge/claw safely; use a box grater safely; use measuring spoons and cups; use the hob (with adult supervision); tidy away.

Equipment: Knife, Chopping Board, Bowl, Spoons, Grater, Frying Pan, Wooden Spoon.

Ingredients (serves 2):

- 200g cooked left over pork (shredded)
- 6 whole leaves of iceberg lettuce
- 1 carrot
- 2 spring onions
- 1 tbsp sesame seeds
- 100ml hoisin sauce
- 2 tbsp cornflour
- 3 tbsp vegetable oil

Method

1. Place the shredded pork in a bowl, add 2 tbsp of water and mix. Add the cornflour and lightly mix again.
2. Put a frying pan on a medium heat with 3 tbsp of vegetable oil. When hot add the pork in individual strips and fry for 30-40 seconds until browned, then turn over and leave to fry for a further 30 seconds. Repeat until all of the pork is cooked, take off the heat and place the pork in a bowl.
3. Grate the carrot and shred the spring onions and place in a separate bowl.
4. Pull the iceberg lettuce into leaves and place on a plate.
5. Add the hoisin sauce and the sesame seeds to the warm pork and stir well.
6. Serve by spooning the pork mixture into a lettuce leaf, add some carrot and spring onion, roll up and eat.



PORK & LETTUCE WRAPS

Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about pork and lettuce wraps ...

Pork is a good source of high quality protein, B vitamins, iron and zinc. It's a relatively cheap meat and it's also one of the leanest meats, providing you stay away from the high fat products such as sausages, bacon and salami.

Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins and minerals. Add a range of different vegetables to your wrap to add interest, colour, flavour and nutrients!



Energy, sugar, fat and salt per serving

Per serving

ENERGY
1589KJ / 378kcal **19%**

MED **FAT**
13.4g **19%**

MED **SATURATES**
3.7g **19%**

MED **SUGARS**
11.9g **13%**

MED **SALT**
1.4g **23%**

% of an adult's reference intake
Typical values per 100g : Energy 706kJ / 168kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage