



Meat Free Monday

Vegetarian 'Squab' with Lettuce

Serves 4 - 6

ingredients

- 75 grams zucchini
- 75 grams bamboo shoots
- 4 Dried Shitake Mushrooms (reconstituted in water for 20 minutes)
- 2 spring onions
- 1 teaspoon salt
- 1 pinch dried red chilli peppers
- 1 tablespoon Chinese wine
- ½ teaspoon white pepper
- ½ teaspoon sesame seed oil
- 3 - 4 Tablespoons vegetable oil
- 1 Iceberg lettuce
- Plum sauce to serve

preparation

Finely dice the zucchini, bamboo shoots, spring onions and shitake mushrooms.

Heat the oil in a wok to a medium heat. Add all the vegetables and stir fry until cooked 'al dente'

Add the salt, white pepper, chilli peppers, Chinese wine and Sesame seed oil to finish. Reduce without overcooking the vegetables. If there is still too much liquid, drain before serving.

Trim the individual iceberg lettuce leaves to 10 – 11 cm diameter, dry and serve cold and crispy.

Place a little plum sauce in the lettuce cup, add a spoonful of the vegetable mixture, and roll up into a parcel.