

CALORIE CONTROL RECIPES

MAINS

Thai Style Pork and Cabbage Rolls – serves 4

600 g lean pork mince
500 g cabbage finely sliced
½ cup lime juice
4 tbsp fish sauce
4 red chillies, chopped (or less, depending on desired heat!)
6 spring onion, chopped
1 medium red onion, finely sliced
½ cup pine nuts
1 tbsp fresh ginger, grated
2 tbsp fresh mint leaves, chopped
2 tbsp fresh coriander, chopped
1/3 cup light coconut milk
1 tbsp olive oil
8 whole large leaves iceberg lettuce

Heat oil in frying pan, add pork and cook until done. Remove pan from heat, stir in lime juice, fish sauce and chillies.

Combine remaining ingredients (except lettuce leaves) in a large bowl. Add pork and stir well. To serve dish, spoon pork mixture into lettuce leaves. Roll lettuce leaves and serve. Can be served hot or cold.