Thai inspired pork & lettuce wraps

BODY TRANSFORMATION CENTRE

5g coconut oil
400g 10% fat pork mince
4 spring onions, finely chopped
1 small red onion, sliced
4 tsps fish sauce (nam pla)
2 tsps red chilli flakes (more or less depending on how hot you like your food)
juice of 1 lime
⅓ tsp stevia (or use natural sweetener of your choice)
2 romaine lettuce hearts, ends removed and separated into leaves.

SERVES 2

Melt the coconut oil in a large saucepan over a medium heat.

Add the pork mince and stir fry for 4 minutes, stirring occasionally to break up the mince.

Reduce heat to low. Add the red onion and spring onions to the pan along with the fish sauce, chilli flakes, lime juice and stevia.

Stir well and cook for around 4 minutes, stirring regularly.

Spoon the mince into the lettuce leaves and serve.

Store any leftover pork in an airtight container and refrigerate for up to 3 days or freeze on same day.

PER SERVING:
398 Calories
9g Carbs
41g Protein
22g Fat