

Sweet & Sour Lamb Stir-fry



Recipe supplied by Meat & Livestock Australia (MLA).

Ingredients

600g lamb leg steaks, thinly sliced into strips

2 tbsp vegetable oil

2 garlic cloves, crushed

1 red onion, thinly sliced

450g family-sized microwave brown rice, prepared according to packet instructions

350g fresh or frozen Asian stir-fry vegetables

1 bunch baby bok choy, trimmed, leaves separated

1/3 cup (80ml) sweet and sour sauce

Green onions, thinly sliced, long red chilli, thinly sliced, to serve

Method:

1. Heat half the oil in a large non-stick wok or frying pan over high heat. Cook lamb, in batches, for 1-2 minutes or until browned. Set aside on a plate.

2. Add remaining oil to wok. Heat over medium-high heat then add garlic and onion to wok and stir-fry for 2 mins. Add rice and vegetables and stir fry for a further 2-3 minutes. Add bok choy and cook for 1 minute. Stir in sweet and sour sauce and cook for 1 minute. Return lamb to wok, toss well to heat through. Season.
3. Serve lamb stir-fry with green onion and chilli.