

Summer Lamb Recipes

PREP TIME 20 MIN | COOK TIME 6 MIN | SERVES 10

STIR FRIED LAMB WITH SUMMER GREENS

Method

1. Heat half the sesame oil in a wok over high heat, add half the garlic, half the ginger and half the sambal oleek. Add lamb, toss then add soy sauce and oyster sauce. Cook in batches for 2-3 minutes, tossing and stirring often, until browned.
2. Remove and repeat with remaining lamb and set aside. Clean wok. Add remaining sesame oil, onions, remaining garlic, ginger and sambal oleek to the wok. Add radishes, capsicums, snow peas and green onions to wok, cook tossing for 2-3 minutes or until softened. Add mushrooms and basil cook, tossing, for 1 minute. Return lamb back into wok, toss to combine.
3. Serve with rice and garnished with green onions (shallots).

INGREDIENT LIST

Lamb

- 2kg Lamb Leg, (or shoulder) thinly sliced across the grain (Cantonese Cut)

Other Ingredients

- 80mls sesame oil
- 25g garlic cloves, crushed
- 30g piece ginger, peeled, finely grated
- 125g sambal oleek
- 125mls Soy sauce
- 75mls Oyster sauce
- 300g brown onions, thinly sliced
- 500g radishes, trimmed, quartered
- 700g yellow capsicums, deseeded, chopped
- 200g snow peas, trimmed
- 1 bunch green onions, cut into 1 inch pieces.
- 250g shitake mushrooms, stems remove, caps thinly sliced
- 15g basil leaves
- Green onions (shallots) to garnish

Serving Suggestions

- Steamed rice

