

## Mongolian Lamb Stir-Fry

Serves: 1

Prep time: 10 Minutes +

**Marinating: 2 hours**

Cooking time: 15 Minutes

### Ingredients:

#### Marinade

- 1 teaspoon soy sauce
- 1½ teaspoon black bean sauce
- 1 teaspoons vinegar
- 1 teaspoon minced garlic
- 1 tablespoon grated fresh ginger
- 1 pinch Chinese five spice
- 1 dash sesame oil
- 150g lamb steak, thinly sliced
- 2 teaspoons oil
- 1 small brown onion, quartered and separated
- 1 cheek red capsicum, sliced
- 1 cheek green capsicum, sliced
- 1 stick celery, sliced
- 2 green [shallots](#), sliced
- 1 teaspoon soy sauce, extra
- 1 teaspoon cornflour
- 1 tablespoon water
- 1 cup cooked rice or noodles

### Method:

- Combine lamb, soy sauce, black bean sauce, vinegar, garlic, ginger, Chinese five spice and sesame oil into a ziplock bag or bowl and stir and massage, to coat the meat well, refrigerate for at least 2 hours
- Heat oil in fry pan and add the onion, shallots, capsicum and celery, cook for 2 minutes, set aside
- Add lamb to the pan and cook for 2-3 minutes
- Combine the water, cornflower and extra soy sauce, stir then add this to the lamb, stir until the sauce thickens, return the vegetables to pan and heat through
- Serve with rice or noodles

### Note:

You can add extra vegetables e.g. baby corn, bok choy, carrots, snow peas etc. if you so desire



*So Yummy and So Easy*