

# Mongolian Lamb

Prep Time 10 minutes  
Cook Time 10 minutes  
Total Time 20 minutes  
Serves 4

1 tablespoon Woolworths essentials gluten free cornflour  
½ teaspoon Mckenzie's bi-carb soda  
1 ½ tablespoons Kikkoman gluten free soy sauce  
1 ½ tablespoons dry sherry  
600 g lamb leg steak, finely sliced

2 tablespoons olive oil  
1 red onion, sliced  
3 cloves garlic, chopped  
1 tablespoon ginger, grated or finely chopped  
1 tablespoon dry sherry  
1 green capsicum, finely sliced  
1 red capsicum, finely sliced  
4 spring onions, sliced  
1 long red chilli, finely chopped (optional)  
1 tablespoon sesame seeds, toasted  
2 bunches broccolini, steamed

In a bowl combine the cornflour, bi-carb soda, soy sauce and sherry then add the lamb and toss to coat. Allow to marinate on the bench while you prepare the other ingredients.

Prepare sauce ingredients in a small bowl ready to add quickly. Set aside.

Heat the wok over high heat. Add one tablespoon of oil and when hot, toss in lamb. Stir-fry for 2 minutes until browned and just cooked. Remove from heat and set aside.

Depending on the size of your wok, you may need to cook the lamb in batches. It is important that the wok retains a high heat and the meat doesn't stew.

Reduce the heat to medium-high and add another tablespoon of oil. Add onion, and then when slightly softened add the garlic and ginger. Stir-fry for 30 seconds. Add a tablespoon of sherry to deglaze the wok then when the liquid has almost disappeared, add the capsicums and half the spring onions. Once the capsicums are slightly soft (2–3 minutes or so) return the lamb to the wok and toss through with the prepared sauce. Stir-fry for another minute, until the sauce thickens.

Sprinkle with toasted sesame seeds and the remaining sliced spring onions and chopped chilli if using. Serve with steamed broccolini and steamed rice.

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Tip: Using a small amount of bi-carb in the marinade helps to tenderise the meat.

## Sauce

½ teaspoon Chinese five-spice  
2 tablespoons dry sherry  
1 tablespoon Kikkoman gluten free soy sauce  
½ tablespoon sesame oil  
2 tablespoons Ayam gluten free hoisin sauce

