



Mushroom, Lamb and Broccolini Stir-Fry

preparation: 10 minutes; cooking: 12 minutes;

serves:

2 tbs soy sauce
2 tbs oyster sauce
2 tbs honey
300g Trim lamb loin or fillet, thinly sliced
2 tbs peanut oil
1 brown onion, cut into wedges
300g button mushrooms, halved
1 bunch broccolini, washed & chopped
1 red capsicum, deseeded & thinly sliced
steamed rice, to serve

1. Combine soy sauce, oyster sauce & honey in a medium bowl. Add lamb & toss well to coat. Drain, reserving the marinade.
2. Heat a wok over high heat. Add 3 tsp oil & heat until hot. Add half the lamb & stir-fry for 1 minute or until brown. Remove to a plate, cover & keep warm. Repeat using 3 tsp oil & remaining lamb.
3. Add remaining oil to wok & heat over high heat until hot. Add onion & stir-fry for 1-2 minutes. Add mushrooms & broccolini & stir-fry for 1-2 minutes.
4. Add capsicum, reserved marinade & lamb & stir-fry for 2 minutes or until capsicum is tender. Serve with steamed rice.