



Mushroom, lamb and broccolini stir-fry

Preparation: 10 minutes

Cooking: 14 minutes

Serves: 4

- 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 and chopped
- 1 red capsicum, deseeded and thinly sliced
- steamed rice, to serve

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