



## SOY LAMB, MUSHROOM AND BROCCOLINI STIR-FRY



New ingredients come to us all the time, and being able to adapt them to familiar dishes is the essence of an innovative cuisine. Broccolini is a hybrid cross of broccoli and choy sum. Mushrooms are old friends, and lamb used in a stir-fry is very Australian.

Pairs well with McWilliams Icon Brands® Coonawarra Cabernet Sauvignon

*Serves Four*

- 2 tablespoons soy sauce
- 2 tablespoons honey
- 1 tablespoon oyster sauce (available in good grocery stores)
- 1 hot red chili, seeded and finely chopped
- 14 oz boneless lamb fillet or loin, finely sliced
- 2 tablespoons peanut oil (or canola oil)
- 1 small onion, cut into wedges
- 2 cups button mushrooms, roughly chopped
- 1 small bunch broccolini, washed and chopped
- 1 small red bell pepper, seeded and finely sliced

Mix the soy sauce, honey and oyster sauce with the chili. Add the lamb and toss to coat. Lift the lamb from the marinade and reserve the liquid.

In a wok, heat half the oil to smoking point and quickly seal the lamb slices (this will need to be done in two batches). Keep the lamb warm and pour in the remaining oil. Bring up to smoking point.

Add the onion and mushrooms, cook for 1 minute and then tip in the broccolini and bell pepper. Cook for a further 2 minutes before returning the lamb to the wok, along with the reserved lamb marinade. Cook until the bell pepper is wilted but still crunchy. Sometimes you may need to add just a splash of water to help with the cooking process. Add only a small amount.

Serve immediately with steamed or boiled rice.

Recipe courtesy of Peter Howard

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