

maimoa
BY ANZCO
FOODS

ANZCO PREMIUM LAMB
*Aged
tenderness*
HAND REARED IN NEW ZEALAND



*Stir-fry Lamb Tenderloin
with Bok Choy*

Stir-fry Lamb Tenderloin with Bok Choy

INGREDIENTS

400 g Maimoa Lamb Tenderloin, sliced diagonally
Coarse salt & freshly ground black pepper
2 tbsp peanut oil
1 medium red onion, sliced
1 stalk celery, sliced diagonally
1 cup shiitake mushroom caps, sliced
1 can baby corn
1 tbsp sesame seeds, toasted
300 g bok choy

Sauce

1/4 cup soy sauce
2 tbsp shaoxing wine
1 tbsp rice vinegar
1 tsp toasted sesame oil
3 cloves garlic, minced
1 x 2 cm piece fresh ginger, peeled & grated
1 tsp red chilli flakes
1 tbsp cornflour



METHOD

In a small bowl, whisk together soy sauce, shaoxing wine, vinegar, sesame oil, garlic, ginger, red chilli flakes, and cornflour. Set aside.

Heat a large pan or wok over high heat. Add about 2 tablespoons peanut oil.

Add the lamb to the pan, season with the salt and pepper and stir-fry for about 2 minutes. Add onion, celery, mushrooms and stir-fry for a further 3 minutes and carefully add soy sauce mixture, stirring until mixture thickens slightly. Add bok choy, baby corn, and sesame seeds. Stir fry for about 2 minutes. Serve by itself or with rice.