

Oriental Lamb Stir-Fry

Serves 4

Preparation time: 5 minutes, 10 minutes marinating time

Cooking time: Under 10 minutes

Ingredients:

400g/14oz lean lamb leg steaks, cut into stir-fry strips

For the Tangy Marinade:

1 large garlic clove, peeled and finely chopped

90ml/6tbsp Worcestershire sauce

2.5ml/½ tsp dried chilli flakes

5ml/1tsp Chinese 5-spice powder

15-30ml/1-2tbsp runny honey

For the Stir-fry:

10ml/2tsp rapeseed or vegetable oil

1 x 2.5cm piece fresh root ginger, peeled and finely chopped

1 x 300-350g/10½-12oz pack prepared stir-fry vegetables of your choice

400g/14oz pack fresh egg or rice noodles

Salt and freshly milled black pepper

To garnish:

15-30ml/1-2tbsp freshly chopped flat-leaf parsley, optional

15-30ml/1-2tbsp light soy sauce, optional

Method:

1. To prepare the marinade; in a shallow bowl mix all the marinade ingredients together. Add the lamb, stir to coat, cover and set aside for 10 minutes.
2. Heat the oil in a large, non-stick frying pan or wok, remove the lamb from the marinade (reserve the marinade) and stir-fry for 3-4 minutes, tossing frequently.
3. Add the reserved marinade, the stir-fry ingredients and noodles, toss gently and cook for a further 2-3 minutes. Season, if required.
4. Garnish with the parsley and soy sauce, if used and serve immediately.