



# STIR FRIED LAMB AND SORGHUM BOWL

A sorghum grain and vegetable bowl made with stir-fried lamb strips, baby marrow noodles, caramelised peppers and baby tomatoes, roasted peanuts and a honey and ginger sauce.

YIELD: 4 - 6 servings

PREP TIME: 30 minutes, 1 h marinade

COOKING TIME: 30 minutes



## Lamb Stir Fry

500g Boneless leg of lamb, cut/shave into strips (½ cm x 5 cm)  
1 teaspoon Salt  
1 teaspoon Baking soda  
2 tablespoons Olive oil  
1 Leek, sliced thinly  
4 cloves Garlic, crushed  
1 tablespoon Fresh ginger, finely grated  
2 tablespoons Sriracha sauce  
1 tablespoon Soya sauce

## Sorghum

1 cup Sorghum, soaked overnight, cooked  
1 teaspoon Olive oil  
1 teaspoon Soya sauce

## Vegetables

300g Baby marrow noodles (commercially bought / self-made)  
1 large Red pepper  
200g Baby tomatoes  
½ cup Roasted peanuts

## Sauce

¼ cup Honey  
2 tablespoons Soya sauce  
1 tablespoon Tomato sauce  
1 tablespoon Rice vinegar  
1 tablespoon Mirin  
1 Tablespoon Fresh ginger very finely diced

## Prepare the lamb stir fry:

Massage the lamb with the salt and baking soda. **Let it marinate 1 hour to tenderize. Start to prepare the vegetables during this time.** Thoroughly rinse the lamb and pat dry using paper towels. Set aside. Heat a wok or a large frying pan with the oil over high heat until the oil is hot. Add the leeks, garlic and fresh ginger and continue to fry until the leeks are translucent and browning slightly on the edges 1-2 minutes. Add the lamb slices in batches and continue to stir fry until the lamb is browning at the edges, 2-3 minutes. Add the sriracha sauce and soya sauce and fry until well covered and slightly caramelized.

## Prepare the Sorghum: (this can be done ahead of time)

Prepare the sorghum according to the package instructions by soaking it overnight and the cooking it slowly until al dente. Once the sorghum is cooked drizzle with olive oil and soya over the top. Toss to coat and keep in the pot covered.

## Prepare the vegetables: (this can be done while meat is marinating)

Baby marrow noodles: (can also be bought). Using a vegetable peeler, cut long thin slices of baby marrows. Cut these slices into thick 'noodles'. Heat 1-2 cups of water and bring to the boil. Add the 'noodles' and cook for 1-2 minutes. Drain and refresh.

## Red pepper:

Slice the red pepper into vertical slices by standing the pepper upright and slicing around the core of the pepper. Place the slices on a lined baking tray and place under the grill until the skin is black and coming away from the flesh of the pepper and the peppers start to caramelize. Place the slices on top of one another to sweat. Once cooled remove the skins and slice the peppers into strips.

## Baby tomatoes:

Place the baby tomatoes in a pan over high heat and cook until blistered and starting to burst.

## Prepare the sauce:

Whisk together the honey, soya, tomato sauce, vinegar, mirin and fresh ginger. Set aside until ready to use.

## Preparing the bowls:

Divide the sorghum between the serving bowls and top with the stir-fried lamb and vegetables. Spoon the sauce over and sprinkle with the roasted peanuts. Garnish with thinly sliced spring onion, red chili or crispy onions.