

## Kangaroo Stir Fry



**PREP TIME: 15 minutes**  
**COOK TIME: 25 minutes**  
**SERVES: 4**

### INGREDIENTS

- ☐ 500gm kangaroo fillet, sliced in strips
- ☐ 1 onion, sliced
- ☐ 1 clove garlic, chopped or minced
- ☐ 1 large carrot, sliced in thin circles
- ☐ 1 medium sized bunch of broccoli, cut in small florets
- ☐ 1 bunch of bok choy, cleaned and separated
- ☐ 10 small button mushrooms, halved
- ☐ Hand full unsalted cashew nuts
- ☐ 1 heaped tablespoon corn flour
- ☐ Half teaspoon honey
- ☐ Half teaspoon cracked black pepper
- ☐ 1 teaspoon fish sauce
- ☐ 3 tablespoon reduced salt light soy sauce
- ☐ 2 1/2 tablespoon oyster sauce
- ☐ 1 teaspoon chicken stock powder mixed with 50ml water
- ☐ 1 tablespoon oil
- ☐ Steamed rice to serve

### INSTRUCTIONS

- 1:** Slice kangaroo fillet into strips, slice onion, chop or mince garlic, slice carrots into half-moons, cut broccoli into small florets, clean and separate bok choy, halve button mushrooms.
- 2:** In a small bowl combine soy sauce and corn flour to form a paste.
- 3:** Pour this mixture onto the kangaroo strips and marinate for up to 20 minutes.
- 4:** Heat half of the oil in a wok or large pan on high heat. Add a small amount of the garlic then stir fry the kangaroo strips in two batches very quickly until the strips are just seared on the outside, remove and set aside.
- 5:** Heat remaining oil in pan. Stir fry the rest of the garlic and onions and fry for one minute. Stir through cashews then add the broccoli and carrots, stir fry for two minutes. Add mushrooms, bok choy stalks, fish sauce, soy, honey and lastly the chicken stock mixture and stir.
- 6:** Return kangaroo strips to pan along with bok choy leaves and oyster sauce and heat through.
- 7:** Sprinkle with pepper and serve with steamed rice.

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.