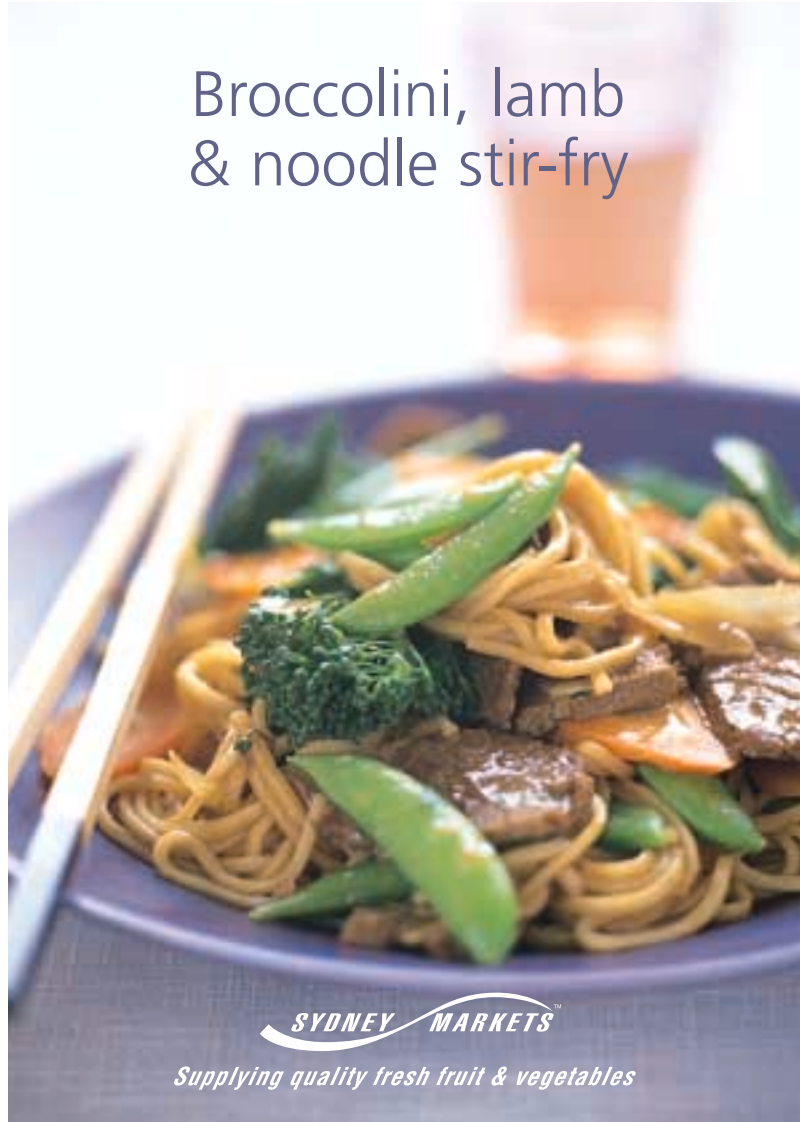


Broccolini, lamb & noodle stir-fry



SYDNEY MARKETS

Supplying quality fresh fruit & vegetables

Broccolini, lamb & noodle stir-fry



Serves: 4
Preparation: 20 minutes
Cooking: 15 minutes

350g pkt thin fresh egg noodles	1 bunch broccolini, trimmed and chopped
1½ tbs vegetable oil	250g sugar snap peas, topped and tailed
1 medium brown onion, halved and finely sliced	½ cup fresh orange juice
2 garlic cloves, sliced	2 tbs honey
500g lamb backstraps, thinly sliced across the grain	1 tbs light soy sauce
2 medium carrots, peeled and thinly sliced	

1. Place noodles in a heatproof bowl. Pour over boiling water to cover and stand for 2 minutes or until noodles are tender. Drain and set aside.
2. Heat a wok over high heat until hot. Add 2 tsp oil and heat until hot. Add ½ the lamb and stir-fry for 1–2 minutes or until just cooked. Remove to a plate and set aside. Repeat using 2 tsp oil and remaining lamb.
3. Heat remaining oil in wok over medium-high heat. Add onion, garlic and carrots and stir-fry for 2 minutes.
4. Add broccolini and sugar snap peas to wok and stir-fry for 1–2 minutes or until vegetables are bright green. Add noodles, orange juice, honey and soy sauce and stir-fry for 2 minutes.
5. Add lamb and stir-fry over medium-high heat for 1 minute or until heated through. Serve immediately.

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