



## One-Bowl Yakatori Lamb

with Noodles, Ginger and Sesame



20-30min



2 Portions

Lamb fans, this one's for you. The sweet-salty yakitori seasonings usually reserved for Japanese skewered chicken have been applied to this much-loved meat, and to delectable effect. Best of all? Here's a dish that's ever so easy to cook, with all the hard work done quickly and in a single frypan.

## What we send

- 11
- coriander
- 1 spring onion

## What you'll require

- Australian honey
- sea salt and pepper
- soy sauce <sup>6</sup>
- white vinegar

## Utensils

- fine grater
- large deep frypan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Soy (6), Sesame (11). May contain traces of other allergens.

## Nutrition per serving

Energy 520kcal, Fat 18.2g, Carbs 48.4g, Proteins 38.4g



### 1. Make sauce

Put the **sesame oil**, **2 tbs soy sauce**, **3 tsp white vinegar** and **2 tsp honey** in a bowl and stir to combine.



### 2. Prepare ingredients

Thinly slice the **capsicum**, discarding the seeds and membrane. Trim and thinly slice the **spring onion** on an angle. Pick the **coriander** sprigs and finely chop the stems, keeping them separate. Trim the **pak choy** and quarter lengthwise. Peel and finely grate the **ginger**.



### 3. Soak noodles

Put the **noodles** in a large heatproof bowl and cover with boiling water. Soak for 5 mins or until softened. Drain.



### 4. Start stir-fry

Meanwhile, heat **2 tsp grapeseed oil** in a large deep frypan over high heat. Stir-fry the **capsicum** for 1-2 mins until just softened, then transfer to a bowl.



### 5. Brown lamb

Add the **lamb** to the pan and stir-fry, breaking up the lumps with a spoon, for 3-4 mins until browned. Add the **ginger**, **spring onion** and **pak choy** and stir-fry for 2 mins or until starting to soften.



### 6. Get ready to serve

Add the **sauce** to the pan and bring to the boil. Add the **capsicum** and **coriander stems**, toss to combine, then cook for 2-3 mins until the sauce has thickened and the pak choy is tender. Season with **salt and pepper**. Divide the **noodles** and **stir-fry** among bowls. Scatter over the **coriander sprigs** to serve.