

Venison Stir Fry

Ingredients

2 garlic cloves, crushed
2 tsp crushed coriander seeds
1cm fresh ginger, grated
2 tbsp dark soy sauce
2 tbsp sweet chilli sauce
1 small red onion, finely diced
500g venison stir fry
1 tbsp sunflower oil
8 spring onions, cut into 1cm lengths
1 stick celery, thinly sliced
1 carrot, sliced into batons
100g green beans, sliced in half
3 tbsp fresh coriander, chopped
3 tbsp cashews or peanuts, lightly toasted
1 lime, cut into wedges

Method

Mix together the garlic, coriander, ginger, soy and chilli sauces and the red onion. Add the venison and marinate for 30 minutes (or over night for better fusion of flavours) Drain well, saving the marinade.

Heat a frying pan or wok to a high heat. Stir fry the venison for 2-3 minutes.

Remove from the pan and replace with the spring onions, celery, carrot, green beans and marinade juices. Fry until starting to soften.

Just before serving, return the meat to the pan and toss to combine.

Sprinkle with fresh coriander and nuts, with a lime wedge.

Serve with your favourite noodles or rice



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