

LAMB RUMP

Red Wine Stir fry



INGREDIENTS

- 4 lamb rumps – cut into strips
- 6 cloves of fresh garlic
- 1 bunch of shallots
- 1 cup of fresh mushrooms
- 1 tsp of salt
- 2 tbsp of red wine
- 1 tbsp of butter

METHOD

1. Sauté fresh crushed garlic in butter.
2. Place the strips of lamb rumps in wok/pan. VERY HOT. Stir for approx 5mins. Pull lamb out and place to the side.
3. Add the shallots, mushrooms and salt, stir for 5mins.
4. Add lamb rump strips back to wok and pour in the red wine, stir for a further 3mins
5. Serve on a bed of fried rice.

ENJOY

