



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BISON, BROCCOLI & OYSTER SAUCE

Time: 30 minutes

Serves: 4

Ingredients:

1 large onion - chopped
1 pound ground bison
4 cups broccoli - cut into bite-size pieces
1 bunch fresh cilantro - chopped
4 tablespoons oyster sauce

Preparation:

Preheat a deep-sided frying pan or pot on medium heat then add the onion and bison. Cook until the bison is browned with some moisture remaining.

Add the broccoli and cilantro to the pan. Do not mix. Cover to steam the broccoli for five minutes.

Add the oyster sauce and cook for an additional two minutes, stirring regularly.

Serve immediately.

Nutritional Information Per Serving:

Calories: 203
Fat: 7.5g
Carbs: 12g
Fibre: 3g
Protein: 20g