

# BISON & ALMONDS

**Time: 20 minutes**

**Serves: 4**

### Ingredients:

1 tablespoon extra-virgin coconut oil  
2 cloves garlic – thinly sliced  
2 red chili peppers – halved lengthwise, seeded and thinly slices  
1 pound ground bison  
1 head napa cabbage – thinly sliced  
3 tablespoons hoisin sauce  
2 tablespoons water  
1 tablespoon rice vinegar  
1 tablespoon soy sauce  
½ cup raw almonds  
6 green onions - sliced

### Preparation:

Preheat a heavy wok on high heat. Add the coconut oil.

Once the oil is very hot, and the garlic and chilies, stirring constantly for thirty seconds.

Add the bison and stir-fry, breaking apart any chunks for three minutes or until nearly browned.

Stir in the cabbage and toss for two minutes.

Add the hoisin, water, vinegar and soy sauce, stirring for thirty seconds. Remove the wok from heat.

Serve the stir-fry topped with the almonds and green onions.

### Nutritional Information Per Serving:

Calories: 350

Fat: 19g

Carbs: 19g

Fibre: 6g

Protein: 29g