

MONGOLIAN BEEF

Time: 30 minutes

Serves: 4

Ingredients:

1 head napa cabbage – thinly sliced
1 red bell pepper – thinly sliced
1 carrot – shaved
1 tablespoon kosher salt
1 pound ground bison or extra-lean beef
2 tablespoons fino (dry) sherry
1 tablespoon soy sauce
2 teaspoons grated ginger
2 cloves garlic - finely chopped or grated
½ teaspoon sesame oil
2 tablespoons oyster sauce
2 tablespoons hoisin sauce
2 teaspoons malt vinegar
6 green onions - sliced

Preparation:

Toss the cabbage, pepper, carrot and salt in a bowl and set aside.

In another bowl, combine the bison, one tablespoon of sherry, the soy sauce, ginger, garlic and sesame oil.

In a small bowl, stir together the remaining sherry, oyster sauce, hoisin sauce and vinegar.

Preheat a wok on high.

Rinse and strain the vegetable mixture.

Stir-fry the beef mixture until just browned, breaking apart into small pieces.

Stir in the sauce mixture and cook for one minute.

Add the vegetable mixture, stir-frying for another minute.

Remove from heat and serve garnished generously with green onion.

Nutritional Information Per Serving:

Calories: 255
Fat: 8g
Carbs: 19g
Fibre: 5g
Protein: 26g