



FESTIVE MEAL  
FROM THE EAST

## ASIAN STYLED BARBEQUED LAMB

Serves 4-6

Prep time 20 minutes

Cooking time 30 minutes +

15-30 minute marinating

Total time 1 hour 20 minutes

Festive marinated Asian styled barbequed lamb served with grilled vegetables and a selection of sauces and a mealie rice bowl

### LAMB

500 g Lamb loin or deboned leg of lamb, sliced very thinly  
1 Red onion, thinly sliced  
1 Carrot, thinly sliced  
1 cup Bean sprouts  
1 cup Green onions  
1 cup Broccoli stems  
1 cup Baby corn, halved length ways  
1 cup Snow peas  
2 Pak choy, quartered  
1 Sweet red pepper, cut into strips  
½ tablespoon Vegetable oil  
1 ½ cup Mealie rice, steamed to serve

### MARINADE

½ Onion, grated  
½ Apple, peeled, cored, and grated  
1 clove Garlic, finely chopped  
2 tablespoons Fresh ginger, grated  
5 tablespoons Soya sauce  
2 tablespoons Mirin or use sherry  
1 tablespoon Vegetable oil  
2 tablespoons Orange juice  
1 tablespoon Sugar  
¼ tablespoon Pepper

### SAUCE: SOYA BASED

1 tablespoon Cornstarch  
1 tablespoon Soya sauce  
3 tablespoons Hoisin sauce  
2 tablespoons Mirin or sherry  
¾ cup Water  
½ teaspoon Sesame oil  
½ teaspoon Sesame seeds, freshly ground

### SAUCE: PEANUT

1 teaspoon Vegetable oil  
½ Onion, grated  
1 clove Garlic, finely chopped  
½ cup Peanut butter  
1 teaspoon Chili powder  
¼ cup Soya sauce  
1 tablespoon Lemon juice

### PREPARE THE MARINADE:

1 Prepare the marinade by mixing the onion, apple, garlic and ginger  
2 Add the soya sauce, mirin, orange juice, sugar, and pepper  
3 Blend all the ingredients together  
4 Add the slices of lamb to the marinade  
5 Mix and marinate for 15-30 minutes

**NOTE:** Placing the lamb in the freezer for an hour or two makes it easier to slice the lamb very thinly

### PREPARE THE LAMB AND VEGETABLES

1 Place all the sliced and prepared vegetables on a plate alongside an electric or gas hotplate  
2 Turn the heat to medium high and add some vegetable oil to the pan  
3 Place some vegetables around the edges, and then turn the heat down to Medium  
4 Cook the vegetables for about 2-3 minutes  
5 Add some of the lamb slices

in the middle of the pan and continue to cook for 3-5 minutes until the lamb is cooked  
6 Turn the meat and vegetables from time to time to prevent over cooking  
7 Spoon some of the marinade over the vegetables whilst cooking  
8 When the lamb is cooked through, plate the finished meat and vegetables  
9 Repeat the cooking process until all the ingredients have been cooked  
10 Add the sauce to the hotplate  
11 Stir and let simmer for 1-2 minutes until thickened  
12 Serve warm with steamed rice and any additional sauces of your choice

### PREPARE THE SOYA-BASED SAUCE:

1 Mix the cornstarch with the soya sauce, mix in the remaining sauce ingredients, Hoisin sauce, mirin water sesame oil and sesame seeds  
2 Pour over the meat and vegetables once they are cooked or if preferred cook until thickened and serve separately

### PREPARE THE PEANUT SAUCE:

1 Heat the oil in a pan over medium heat  
2 Fry the onions and garlic until soft and translucent, not brown  
3 Add the chili powder and mix  
4 Add the peanut butter and stir until melted  
5 Add the soya and lemon juice and blend well  
6 Place in a serving dish and serve with the Asian barbeque

