

Kangaroo Stir Fry

Equipment: Sharp knives Chopping boards Wok Frying pan Wooden spoons Measuring cups and spoons	Ingredients: 2 teaspoons chopped fresh ginger 1 clove garlic, minced 1 teaspoon fish sauce 1 teaspoon soy sauce (or coconut aminos) 2 teaspoons miso 1 teaspoon sesame oil (do not use this in the kitchen classroom) 1 tablespoon vegetable oil 250g kangaroo fillet 1 cup snow peas 1 cup broccoli, chopped 1 cup bok choy, chopped 1 cup chopped green capsicum 1 cup bean sprouts 1 cup chopped zucchini
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What to do:

1. Whisk together the sauce ingredients - ginger, garlic, soy sauce, fish sauce, miso and sesame oil in a bowl.
2. Heat the vegetable oil in a wok or frying pan over medium heat. Add the kangaroo fillet and cook till medium rare - 3 to 5 minutes per side. Move to a cutting board to rest.
3. While the meat is resting, reheat the wok or frying pan to medium heat and add the snow peas, broccoli, bok choy, capsicum, bean sprouts and zucchini; cook and stir until the vegetables are softened. Pour the sauce into the pan and allow to simmer 5 minutes.
4. While the vegetables simmer, thinly slice the kangaroo. Stir into the vegetables and serve immediately.