

## **CWA of NSW Product of the Week: Lamb**

Another recipe that features tender Australian lamb, now featured in all the supermarkets and butcher shops as the early spring lambs come onto the market. This recipe gives you extra protein and fibre boost with the addition of cannellini and green beans. Lamb is a red meat that provides high quality protein and is high in iron, essential for good health, particularly in women. Dietary guidelines recommend three serves of lean red meat per week and lamb is ideal as one of those.

### **Lamb, chorizo sausage and bean stir Fry**

500g lean lamb strips (cut from eye of loin/backstrap, tenderloin/fillet, round or topside leg steaks)

1 tbsp olive oil

2 small chorizo sausages thinly sliced

1 red onion, cut into thin wedges

1 red capsicum, thinly sliced

400g can cannellini beans, drained (preferably Australian grown)

200g green beans, trimmed and blanched

Juice of one lemon

### **Method**

1. Combine lamb strips with  $\frac{1}{2}$  the oil and coat well.
2. Heat a wok (or deep frypan) to high and stir-fry the lamb in 3 batches, reheating wok between batches and reserving each cooked batch to rest in a warm bowl.
3. Reheat the wok, add remaining oil and heat. Add the sliced chorizo and cook until browned, remove and reserve with the lamb. Add the onion and capsicum to wok and stir-fry for 1 minute. Add the cannellini beans, green beans and lemon juice and toss to combine.
4. Return lamb and chorizo to pan and toss to combine and heat through. Serve immediately with rice, potatoes or crusty bread.

Source: [beefandlamb.com.au](http://beefandlamb.com.au) (MLA)