

# Scotch Beef & Vegetable Stir Fry

## Ingredients (serves 2)

300g Scotch Beef PGI stir-fry strips (you could use rump steak, stir-fry strips or topside)

2 cloves garlic

2 cm piece fresh ginger, peeled, cut into matchsticks/thin slices

Vegetable oil

½ red pepper

A handful of sugar snap peas, halved lengthways

A handful of sprouting broccoli stems, chopped in half lengthways

1 pack pre-cooked noodles

2 tbsp oyster sauce

2 tbsp water

½ red chilli, finely chopped (optional)

½ lime

## To make...

1. Heat a wok or pan over a high heat. Add 2 teaspoons vegetable oil. Add ½ of the beef mixture and stir-fry for 1 minute or until browned. Transfer to bowl. Add extra oil to pan if needed and add the remaining beef mixture and stir-fry for 1 minute or until browned. Transfer to bowl.
2. Add oil to wok. Add the garlic, ginger, red chilli and red pepper and stir-fry for 2 minutes. Add the sugar snap peas and broccoli stir-fry for another 2 minutes or until peas are bright green and lightly charred.
3. Add the oyster sauce and water. Allow the sauce to thicken slightly and coat the vegetables.
4. Return the beef to the pan and add the cooked noodles, mix well. Add a little more water if it seems dry.
5. Once the beef and noodles are heated through and coated in the sauce serve immediately, topped with some freshly squeezed lime juice.



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[www.qmscotland.co.uk](http://www.qmscotland.co.uk)



[www.rhet.org.uk](http://www.rhet.org.uk)

[www.scotchkitchen.com](http://www.scotchkitchen.com)

# Moroccan Style Scotch Lamb

## Ingredients (serves 2)

200g minced Scotch Lamb PGI  
1 can chopped tomatoes  
1 stick of celery, chopped  
½ courgette, chopped  
8 tbsp raisins  
2 tsp ground cumin  
2 tsp ground cinnamon  
2 tsp ground coriander  
8 cherry tomatoes, halved  
1 white onion, peeled and chopped  
100g plain couscous  
4 sprigs fresh parsley, optional



## To make...

1. Chop the courgette into chunks, finely dice the onion and cut the cherry tomatoes in half.
2. Add a tablespoon of vegetable oil to the pan and heat. Add the lamb and cook until brown.
3. Now add the cumin, cinnamon and coriander and mix well. After the spices are mixed, add the vegetables and cook gently until they begin to soften.
4. When the vegetables have softened, add the chopped tomatoes and allow to simmer till the sauce thickens.
5. Finally add the raisins stirring well and remove from the heat.
6. Place some pre-cooked couscous into a serving bowl and make a well in the centre.
7. Serve the Moroccan lamb into the small well of couscous and garnish with fresh chopped parsley.

# Specially Selected Sweet & Sour Pork Stir Fry

## Ingredients (serves 2)

200g Specially Selected Pork fillet, sliced into strips (or use stir fry pork strips)  
1 tbsp honey  
2 tbsp vegetable oil  
2 spring onions, sliced  
½ red chilli, finely chopped (optional)  
100g sugar snap peas  
½ red pepper, sliced  
100g chestnut mushrooms, halved  
200g cooked egg noddles, to serve

## For the sauce

2 tbsp soy sauce  
2 tbsp apple juice  
½ tbsp rice wine vinegar  
½ tbsp caster sugar  
1 small clove garlic, crushed  
1½ tsp cornflour

## To make...

1. Toss the pork in the honey and season. Heat a frying pan until hot. Add 1 tbsp of the sunflower oil. Quickly brown the pork and set aside.
2. Heat the remaining oil. Add the spring onions and chilli and fry for 1 minute. Add the remaining vegetables and stir fry for 4-5 minutes.
3. Mix the sauce ingredients together in a bowl.
4. Return the pork to the pan with the sauce. Toss everything together and fry for 1 minute with pre-cooked noodles.

