

SWEET PEPPER VENISON STIR-FRY



INGREDIENTS

500g of venison loin or two 8oz Holme Farmed Venison steaks cut into 2-inch strips

1/4 cup (30g) of cornstarch

2 teaspoons sugar

6 tablespoons soy sauce

1/4 cup (60ml) of white wine vinegar

1/2 teaspoon or pepper

1 medium green pepper, sliced thinly

1 medium red pepper, sliced thinly

3 tablespoons of oil

Hot cooked rice to serve.

Method

1. Combine the cornstarch, sugar, soy sauce, vinegar and pepper and give it a stir until it is smooth.

Pour half into a resealable or zip lock plastic bag and add the sliced venison.

Seal the bag and coat all the venison in the mixture,

then pop in the fridge for 1-2 hours along with the remaining marinade

2. After marinating, remove the venison from the bag and in a large pan or wok stir fry

The venison and peppers in oil for 4-6 minutes or until the meat and peppers are cooked.

Stir the remaining marinade into the pan and bring to the boil.

Cook and continue stirring for a further 1-2 minutes until thickened.

3. Serve on a heap of hot rice of your choice.