

TASMANIAN TASTES OF THE WILD

Lenah Game Meats

Producers of Fine Game



Sesame Wallaby with Asian Greens



Ingredients

- 2 tbs minced garlic
- 2 tbs minced ginger
- 3 tbs soy sauce
- 3 tbs oyster sauce
- 4 tbs plum sauce
- 500 gm Lenah Wallaby topside sliced into strips
- 900 gm hokkien noodle
- 2 pc sweet potato julienne
- 2 pg bok choy
- 3 green capsicum sliced
- 1 bunch spinach
- 3 tbs toasted sesame seed
- 60 gm snow pea sprouts

Method

Combine the garlic, ginger, soy sauce, oyster sauce and plum sauce in a glass or ceramic dish.
Add the wallaby and toss to coat. Cover and marinate for 15 minutes.
Drain the meat and reserve the marinade.
Put the hokkien noodles into a large heatproof bowl and cover with boiling water.
Leave to stand for 2 minutes, pushing gently with a wooden spoon to separate the strands. Drain well and set aside.
Stir fry the meat in 2 or 3 batches over high heat for 2-3 minutes or until browned. Set aside.
Reheat the wok, add the sweet potato and capsicum and stir fry for 3 minutes then add the reserved marinade and bring to the boil. Add the spinach leaves, bok choy and toss until just wilted.
Stir in the noodles, wallaby, sesame seeds and snow pea sprouts and toss to heat through.

Perfect Pan Fried Wallaby

After opening the vacuum pack allow the meat to 'breathe', just as you would a good red wine.

If you prefer more on the medium side of rare, it helps to marinate wallaby in olive oil.

Seal the juices in by turning the meat immediately after placing in the pan. Then allow 2-3 min per side. Remove from the pan and rest in a warm over for 4-6min.

Leave lots of space around each piece in the pan. If the pan is overfull the meat will stew in its own juices, not good!

The most important tip: Slice the meat at 90 degrees to the grain. This makes a huge difference to its eating quality.

LENAH WALLABY CUTS ARE:

- Fully trimmed
- Portioned within 40gm weight ranges (as 'small', 'medium' or 'large')
- Aged in the vacuum pack for three weeks

*So you can use
with confidence.*

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