



WILD. NATURAL. SUSTAINABLE.

Kangaroo Loin Stir-Fry

• Prep Time: 30 minutes • Yields: 2-4 servings

Ingredients:

1 pkg. Fossil Farms Kangaroo Loin, average 1.5 lbs.
3 tbsp. peanut oil or vegetable oil
1 garlic clove, crushed
2 tsp. grated fresh ginger
1 cup scallions, sliced thin
1 cup celery, thinly sliced
1 Japanese eggplant, cubed
2 cups baby bok choy, chopped
2 tbsp. soy sauce
1 tbsp. rice wine vinegar

Method:

1. Sliced the Kangaroo loin thinly against the grain and divide into two portions.
2. Heat 2 tablespoons of the oil in a wok or frying pan.
3. Add half of the Kangaroo loin and cook until just brown, or medium rare, about 2 minutes each side.
4. Remove from pan, then repeat with the second half. Set meat aside.
5. Heat remaining oil in pan, then cook eggplant until tender.
6. Remove pan from heat, then add the bok choy, ginger, scallions, and celery. Cook until the ingredients are tender.
7. Add soy sauce, rice wine vinegar, eggplant and meat stir until fully incorporated. It's optional to add Sriracha hot sauce.
8. Serve in bowls or a large plate and enjoy!

Equipment:

Stove
Wok or frying pan
Measuring cups & spoons
Small mixing bowl
Sharp knife
Cutting board

