

CARIBOU STIR FRY

Number of portions: 10

INGREDIENTS

- 1 Tbsp vegetable oil
- 2 garlic cloves, chopped finely
- 1 onions, finely sliced
- 2 lbs caribou meat, cut in strips
- 2 Tbsp soy sauce
- 2 celery stacks, sliced
- 1 bag (1 kg) frozen mixed vegetables (Asian vegetable mix or carrots, yellow and green beans mix)



METHOD

1. In a pan , heat the oil over medium-low heat. Fry the garlic and onions until they are softer.
2. Add the meat strips and the soya sauce. Cook over low heat for 15 minutes.
3. Add the celery and frozen vegetables and cook for 15 more minutes.
4. Serve with rice.

TIPS

- The caribou meat could be replaced by moose or beef.