

Garlic Lamb Stir-Fry

A healthy and flavorful American-style stir-fry featuring tender lamb, savory garlic, and caramelized onions, all tossed in a soy sauce glaze.



Main Dish

American

20 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 200g lamb meat
- 2 cloves of garlic, minced
- 1 medium onion, thinly sliced
- 2 tablespoons soy sauce
- 1 tablespoon olive oil

Steps

- 1 Heat olive oil in a large skillet or wok over medium-high heat.
- 2 Add the minced garlic and sliced onions, stirring frequently until the onions become caramelized and fragrant.
- 3 Push the onions to one side of the pan and add the lamb meat, stirring occasionally until browned and cooked through.
- 4 In a small bowl, whisk together the soy sauce and 2 tablespoons of water. Pour the mixture over the lamb and onions, stirring to coat evenly.
- 5 Continue cooking for an additional 2-3 minutes, allowing the flavors to meld together.
- 6 Serve the garlic lamb stir-fry hot with steamed rice or your choice of side dishes.