



**Food for Thought**  
**A Life in Four Courses**



# Lan's stir-fry lamb with cumin seeds

**“Food is important because it’s not just fuel for our body but also so enjoyable to eat. This recipe is one of my partner’s favourite dishes and whenever we have people round for dinner he wants me to cook this one. Food brings us together and we eat together to celebrate different life events.”**

LAN XIAO, FOOD FOR THOUGHT VOLUNTEER

## Ingredients

500g of fresh lamb leg or lamb steak cut into strips	1 fresh chilli
1 teaspoon corn starch/plain flour	1 large onion sliced
2 tablespoons of light soy sauce	2 mixed peppers deseeded and finely sliced
2 tablespoons of olive or vegetable oil	A few slices of chopped ginger
2 cloves of garlic	Fresh coriander to taste
1 teaspoon of cumin seeds or powder	Salt and pepper to taste

## Method

Marinate the lamb with starch and soy sauce.

Heat the oil in a large frying pan. Add the garlic, cumin and chilli then stir-fry for 1-2 minutes.

Add the lamb and stir-fry for 4-5 minutes until it’s almost cooked but not fully. Pour it into a bowl and set aside.

Use the same pan and add the onion, peppers and ginger and stir-fry for 3-4 minutes until vegetables are tender.

Add the lamb into the pan and stir-fry with the vegetables for further 2-3 minutes. Add more soy sauce, fresh coriander, salt and pepper.

Best served with boiled rice.

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