CHINESE · DINNER

Xinjiang Cumin Lamb Stir-Fry

30 min · Serves 4 · 415 kcal a serve · Video 3:44 · Omnivore's Cookbook

No dairy listed

A quick stir-fry built on lean lamb leg: one serve gives about 24 g of protein and is rich in vitamin B12, zinc and iron, with garlic, ginger and plenty of fresh coriander.

Diet notes: Gluten-free with a swap: Use tamari instead of soy sauce and dry sherry instead of Shaoxing wine to keep it gluten-free.

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Ingredients 16 · SERVES 4

- [ ] 450 g **lamb leg**, cut into 1.5 cm cubes
- [ ] 1 tbsp **soy sauce**
- [ ] 1 tbsp **Shaoxing wine** (or dry sherry)
- [ ] 1/2 tsp **salt**
- [ ] 30 g **cornstarch**
- [ ] 2 tbsp **ground cumin**
- [ ] 2 tsp **Sichuan chilli flakes** (or Korean chilli flakes)
- [ ] 1/2 tsp **sugar**
- [ ] 1/4 tsp **ground Sichuan peppercorns** (optional)
- [ ] 4 tbsp **peanut oil** (or vegetable oil)
- [ ] 10 g **dried Chinese chilli peppers**
- [ ] 1 small **white onion**, cut into large dice
- [ ] 1 thumb **ginger**, minced
- [ ] 5 cloves **garlic**, sliced
- [ ] 15 g chopped **coriander** (cilantro)
- [ ] **toasted sesame seeds**, to garnish (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Peanut, Sesame, Soy, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Toss the lamb cubes with the soy sauce, Shaoxing wine and salt and leave to marinate for 20 minutes (or refrigerate overnight). Mix the cumin, chilli flakes, sugar and Sichuan pepper in a small bowl. 0:38
2. Drain any liquid from the lamb, then add the cornstarch a little at a time, tossing until every piece is lightly coated. 1:46
3. Heat 3 tbsp of the oil in a large skillet over medium-high heat. Spread the lamb in one layer and sear without moving for about 1 minute until golden, flip and cook 30–40 seconds more, leaving it pink inside. Lift onto a plate. 2:00
4. Add the last tablespoon of oil with the dried chillies, ginger and garlic and stir until fragrant. Add the onion and cook about 1 minute, until just starting to soften. 2:40
5. Return the lamb, scatter over the spice mix and toss at once to coat. Take the pan off the heat, taste and add salt if needed, then stir through the coriander and serve hot, topped with sesame seeds if you like. 2:57

> **Tip** Serve with steamed rice or noodles and a green vegetable. The dried chillies flavour the oil; most people push them aside rather than eat them.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
415 kcal	24 g	15 g	1.7 g	29 g	580 mg
1,740 kJ	47% of a day	13 g net · 2 g sugars	6% of a day	8.3 g saturated	25% of a day
		5% of a day		37% of a day	

Energy from net carbs 13% · protein 23% · fat 64% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 92% · Selenium 43% · Zinc 38% · Iron 26%

Source of (10–19%) Vitamin E 19% · Omega-3 17% · Vitamin B6 16% · Vitamin K 14% · Magnesium 11% · Potassium 10%

Recipe and video: Omnivore's Cookbook (@omnivorescookbook) on YouTube — youtube.com/watch?v=1FnmQ7t1-UM, published 22 June 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/xinjiang-cumin-lamb-stir-fry