



Woodpigeon Stir-fry

A sustainable, lean and delicious addition to your weekly dinners

Serves: 6

Prepare: 1 Hour

Cook: 10 Minutes

Difficulty: easy

Ingredients

- 10 [woodpigeon breasts](#), sliced thin
- 600g “straight to wok” medium noodles
- 150g red cabbage, grated
- 150g beansprouts
- 100g mangetout
- 100ml light Soy Sauce
- 4 spring onions, sliced thin
- 3 tbsp sweet chilli sauce
- 3 large carrots, grated
- 2 garlic cloves, minced
- 2 red chillies, sliced
- 1 tbsp brown sugar
- 1 red bell pepper, sliced thin
- 1 tbsp fresh ginger, grated
- 1 tbsp sesame oil
- sesame seeds/chilli flakes (optional garnish)

Method

1. Slice the wood pigeon breasts lengthways then place them in glass bowl or casserole dish and smother with soy sauce, ginger and brown sugar. Combine the ingredients together to ensure an even coat then cover with clingfilm and marinade for an hour in the fridge.
2. Cut the pepper in half and slice into thin strips and place to one side. Meanwhile prepare your vegetables for the stir fry and transfer them to a bowl (by all means use a pre-made stir fry pack for convenience).
3. Place your wok or large frying pan over a high heat and get it smoking hot. Add the sesame oil and peppers to the pan, let them soften for a couple of minutes. Next add the garlic and move it around quickly so it doesn't burn. Transfer the marinated pigeon breasts to the wok and cook hot and fast for around 1 minute. Add the stir-fry mix to the wok/pan, followed by the noodles and cook for 5 minutes.
4. Remove from heat and stir through the chilli sauce, adding as much or as little as you like.
5. Garnish with sliced spring onion and sesame seeds (optional), serve hot.