



Donated by Allen & Myra Charleston

## **Ginger Emu Stir-Fry**

### **SAUCE:**

- ½ cup water
- 2 TBSP honey
- 2 TBSP lemon juice
- 1 large clove fresh garlic, minced
- 1 TBSP soy sauce
- ½ teaspoon ground ginger
- 3 TBSP cornstarch

Combine water, honey, lemon juice, garlic, soy sauce and ginger, mixing well. Add cornstarch and stir until dissolved well.

### **STIR FRY**

- 2 cups carrots, sliced
- 2 cups broccoli florets
- 2 cups cauliflower florets
- 1 can (8-oz) sliced water chestnuts, drained
- 1 pound emu roast cut in 1/4" to 1/2" strips
- 1 TBSP olive oil

Heat oil in large wok or skillet.

Add carrots, stir-fry 3 minutes or until tender-crisp.

Add remaining vegetables and stir fry for 2 more minutes. Remove vegetables from pan.

Add meat, stirring until lightly browned.

Add sauce, stirring constantly until thickened and glossy.

Add vegetables, heat through.

Serve over noodles or rice.

Serves 6.