CHINESE · LUNCH · DINNER

Cong Bao Yang Rou (Beijing Lamb and Scallion Stir-Fry)

葱爆羊肉

35 min · Serves 2 · 391 kcal a serve · Video 4:12 in Chinese · 小高姐的 Magic Ingredients

Dairy-free · Nut-free

Quick-seared lamb with plenty of onion and no sugar: about 26 g protein and 4 g net carbs a serve; rich in vitamin B12, zinc and selenium.

Diet notes: Keto (4.4 g net carbs a serve); Gluten-free with a swap: Use tamari for both soy sauces.

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Ingredients 10 · SERVES 2

- [ ] 9 oz **boneless lamb leg**, fat and membrane removed, sliced across the grain
- [ ] 1/8 tsp **baking soda** with 1/4 tsp salt and 5 oz water, to tenderise (rinsed off)
- [ ] 1/4 tsp **dark soy sauce**, for colour
- [ ] 1/2 tsp **cornflour** (1/4 tsp to coat the lamb, 1/4 tsp in the sauce)
- [ ] 2 **dacong** (large Welsh onions), whites cut diagonally, greens shredded (the fried greens are lifted out)
- [ ] 1/3 cup **vegetable oil**, for frying the onion (about 2 tbsp stays in the dish)
- [ ] a pinch of **salt**
- [ ] 1 tsp **soy sauce** (light), for the sauce
- [ ] 1 tsp **water**, for the sauce
- [ ] 1/8 tsp **white pepper**, for the sauce

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

Contains: Gluten, Soy. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the lamb leg apart along its fat and membrane lines, pull off the outer fat and silverskin, then slice the muscle across the grain into slices that aren't too thin. 0:07
2. Mix the slices with 1/8 tsp baking soda, 1/4 tsp salt and 5 oz water and leave 15 minutes to tenderise, then rinse off the baking soda. 1:26
3. Toss the rinsed lamb with 1/4 tsp dark soy sauce and 1/4 tsp cornflour. 1:58
4. Cut the onion whites diagonally and shred the greens. Mix the sauce: 1/4 tsp cornflour, 1/8 tsp white pepper, 1 tsp soy sauce and 1 tsp water. 2:09
5. Heat the oil in a wok, add the onions with a pinch of salt and fry until the whites just colour; lift them out. Keep frying the greens until deep golden, then lift them out too. 2:30
6. Spoon a little of the onion oil over the lamb and pour the rest into a bowl, leaving just a film in the wok. 3:07
7. Over high heat, add the lamb and stir it apart quickly. After about 30 seconds, when it changes colour, add the onion whites and the sauce and toss until glossy. It should spend under a minute in the wok. 3:21

> **Tip** Serves 2 (our estimate). The leftover onion oil and fried greens keep in the fridge for fried rice or noodles. Serve with steamed greens or cauliflower rice to keep the meal low in carbs.

The method is a summary in our words, in English — the video (in Chinese) shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
391 kcal	**26** g	**6.4** g	**2** g	**29** g	**400** mg
1,630 kJ	51% of a day	4.4 g net · 1.7 g sugars	7% of a day	7.6 g saturated	17% of a day
		2% of a day		37% of a day	

Energy from net carbs 5% · protein 27% · fat 68% — fits keto: 4.4 g net carbs, 68% of the energy from fat

High in (20%+ of a day) Vitamin K 141% · Vitamin B12 102% · Omega-3 95% · Selenium 45% · Zinc 40%

Source of (10–19%) Vitamin E 19% · Iron 17% · Folate 17% · Vitamin C 16% · Potassium 11% · Vitamin B6 11% · Magnesium 10%

Recipe and video: 小高姐的 Magic Ingredients (@MagicIngredients) on YouTube — youtube.com/watch?v=Etf9zxVjhKM, published 28 February 2023. 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/cong-bao-yang-rou-lamb-scallion-stir-fry