

# SWEET PEPPER VENISON STIR FRY

You can use either a cut of our tender venison loin or a couple of our 8oz venison steaks to make this delicious yet easy to cook stir fry recipe. This fantastic recipe has been adapted from the recipe on the [Taste of Home website](#) - [visit the website for further recipes or to share this one](#).

This serves 2 people but just double up the quantities for a delicious family meal.

## Method

1. Combine the cornstarch, sugar, soy sauce, vinegar and pepper and give it a stir until it is smooth. Pour half into a resealable or zip lock plastic bag and add the sliced venison. Seal the bag and coat all the venison in the mixture, then pop in the fridge for 1-2 hours along with the remaining marinade
2. After marinating, remove the venison from the bag and in a large pan or wok stir fry the venison and peppers in oil for 4-6 minutes or until the meat and peppers are cooked. Stir the remaining marinade into the pan and bring to the boil. Cook and continue stirring for a further 1-2 minutes until thickened.
3. Serve on a heap of hot rice of your choice.

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## INGREDIENTS

1/4 cup of cornstarch  
2 teaspoons sugar  
6 tablespoons soy sauce  
1/4 cup of white wine vinegar  
1/2 teaspoon or pepper  
500g of venison loin or two 8oz steaks cut into 2-inch strips  
1 medium green pepper, sliced thinly  
1 medium red pepper, sliced thinly

3 tablespoons of oil

Hot cooked rice to serve.