



### Teriyaki Marron – Kyran’s Kitchen

#### Ingredients: (Serves 4)

- 4 medium sized marron
- ½ cup bamboo shoots
- 2 tablespoon olive oil
- ¼ cup Teriyaki sauce
- 1 tablespoon sesame oil
- 1 teaspoon curry powder
- 2 cloves garlic, chopped
- 2 tablespoon Soy sauce
- ½ cup of bean sprouts
- 150mL beef stock
- 4 shallots, chopped
- 2 teaspoon cornflour
- 1 large red capsicum cut in strips
- Salt and pepper
- ½ cup honey



#### Method:

1. Place Marron in boiling water for 1 minute only, then remove and plunge into cold water
2. Remove all tail-meat and cut into thin strips. Heat olive oil and sesame oil in wok or large pan and fry tail-meat quickly with garlic,. Remove and keep warm.
3. Discard most of the oil. Stir fry the shallots, capsicums, bean sprouts and bamboo shoots briefly
4. Add all remaining ingredients and cook over a high heat, stirring until thickened.
5. Mix in Marron strips 2 minutes before serving.
6. Serve with rice.