Kangaroo stir-fry with chilli and coriander
Serves 4 people

What you’ll need

• 600 grams kangaroo fillet
• 1 teaspoon fresh ginger (grated)
• 2 tablespoons olive oil
• 2 tablespoons sweet chilli sauce
• 1 cup chopped coriander leaves (half for marinade, half to garnish)
• 1/2 teaspoon cracked black pepper
• 2 bunches bok choy (cleaned and separated)
• 200 grams mushrooms (sliced)
• a handful of raw cashew nuts
• 1 small red chilli
• 1 red onion (sliced)
• squeeze of lime
• 1 clove garlic (thinnly chopped or grated)
• 2 tablespoons oyster sauce

How to cook it

Slice kangaroo fillets diagonally into strips. Make a marinade using half the coriander and the sweet chilli sauce. Put kangaroo meat in marinade and set aside for 15–30 minutes.

Heat oil in a wok, then add onion, garlic, ginger and chilli and fry for 1 minute. Then add kangaroo strips and fry for 1 minute or until browned. Add cashews, bok choy, mushrooms, oyster sauce and fry quickly until heated through. Take off heat, add pepper and a squeeze of lime.

Garnish with fresh coriander and stir through – serve with rice.

Recipe courtesy of Macro Meats (www.gourmetgame.com.au)
Kangaroo meat sourced from abundant and healthy free-ranging populations

Skilled licenced operators follow government animal welfare regulations and strict annual quotas

Meat inspected by authorised staff in a government approved processing facility

Meat inspected and stored in hygienic facilities under controlled temperatures

Meat tested to ensure safe and free of residues under government programme

Processed meat packaged and sealed to ensure product integrity

Lean quality meat delivered to supermarkets and restaurants

Kangaroo meat exported around the world

Did you know?

- It’s estimated in Australia there are almost three times as many kangaroos as people.
- Australia exports around 4,000 tonnes of kangaroo meat annually and has access to more than 60 countries. Product is sustainably sourced with around 3 per cent of the total kangaroo population used for meat production.
- The development of agriculture in Australia has resulted in a kangaroo population boom which puts pressure on some plants and other animals.
- The kangaroo industry is an important provider of jobs in regional and rural areas, directly employing around 4,000 people with the potential for many more.
- Kangaroo leather is one of the most durable and lightweight leathers commercially available.
- Kangaroo leather is used to produce quality wallets, belts and handbags. Some of the world’s top footballers wear kangaroo leather boots.

Nutritional facts

- Kangaroo meat is one of the best sources of high quality lean protein with less than 2 per cent fat.
- It contains high levels of B vitamins including vitamin B12, B6, niacin, riboflavin and thiamin.
- Kangaroo meat is also an excellent source of the essential minerals iron and zinc. A 150 gram serving contains a third of daily recommended iron intake.
- Kangaroo meat contains the long-chain omega-3 fatty acids DHA and EPA which work together to support heart health.