

Coturnix Quail Stir Fry

Ingredients:

- 2 tablespoons vegetable oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 4 coturnix quails, cleaned and chopped into bite-sized pieces
- 1 bell pepper, sliced
- 1 zucchini, sliced
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 1 teaspoon cornstarch

Note: You'll also need a large skillet or wok to cook the stir fry, and rice or noodles to serve as a base for the stir fry.

Directions:

- Heat 2 tablespoons of vegetable oil in a large skillet over high heat.
- Add 1 chopped onion and 2 minced garlic cloves to the skillet, and stir fry for 2-3 minutes.
- Add 4 chopped coturnix quails to the skillet, and stir fry for 5-7 minutes, or until browned on all sides.
- Add 1 sliced bell pepper and 1 sliced zucchini to the skillet, and stir fry for an additional 2-3 minutes.
- In a small bowl, mix together 2 tablespoons of soy sauce, 1 tablespoon of honey, and 1 teaspoon of cornstarch.
- Pour the mixture over the quail and vegetables in the skillet, and stir fry for an additional 2-3 minutes, or until the sauce thickens.
- Serve hot over rice or noodles.