



Sweet and Sour Seal Stirfry

-  Serves 8
-  About 45 minutes to prepare and cook

This recipe was adapted from the Arviat Wellness Centre's cooking program.

Tip

For a complete meal, serve with rice!



Ingredients



1 tablespoon
oil



1 small can (19 oz)
diced tomatoes



2 pounds
boneless seal
meat,
sliced (or any other
boneless meat)



½ cup
brown sugar



2 large
bell peppers,
trimmed and sliced



1 tablespoon
mustard



1 tablespoon
chili powder



1
onion,
sliced



1
large orange,
washed and sliced

Kitchen Supplies

Ulu or knife
Cutting board
Large frying pan
Measuring cups
Measuring
spoons
Wooden spoon
Can opener



This resource was created with
financial contributions from
Health Canada and the Public
Health Agency of Canada.



Steps



1 **Turn heat to medium high.** Heat oil in frying pan. Add seal slices and cook for 5 minutes on each side.



2 **Add onion and bell peppers.** Cook for 3 minutes, stirring often.



3 **Add tomatoes, brown sugar, mustard, and chili powder.** Stir until blended. Add orange slices.



4 **Turn heat to high.** Bring to a boil.



5 **Turn heat to medium.** Cover and cook for 15 minutes, stirring occasionally.



Enjoy!