



WCOOK

Hoisin Ostrich & Green Bean Bowl

with pickled radish & cashew nuts

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Nitída | Calligraphy Bordeaux blend

Nutritional Info	Per 100g	Per Portion
Energy	621kJ	3288kJ
Energy	148kcal	787kcal
Protein	8.4g	44.7g
Carbs	18g	95g
of which sugars	7.1g	37.4g
Fibre	1.7g	8.8g
Fat	4.2g	22.1g
of which saturated	1.1g	5.9g
Sodium	350mg	1856mg

Allergens: Sulphites, Egg, Gluten, Sesame, Tree Nuts, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180g	240g	Egg Noodles
45ml	60ml	Rice Wine Vinegar
60g	80g	Radish <i>rinse & slice into rounds</i>
450g	600g	Free-range Ostrich Strips
3	4	Spring Onion/s <i>rinse, trim & roughly slice</i>
240g	320g	Green Beans
300g	400g	Cabbage <i>rinse & thinly slice</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
7.5ml	10ml	Chinese 5-spice
150ml	200ml	Hoisin Sauce
2	2	Fresh Chillies <i>rinse, trim, deseed & roughly chop</i>
30g	40g	Cashew Nuts

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey

1. BOIL & PICKLE Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water. In a small bowl, combine the vinegar, 15ml [20ml] of sweetener, 15ml [20ml] of warm water, and seasoning. Add the sliced radish and set aside to pickle. Drain the pickling liquid just before serving.

2. INTO THE PAN Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). You may need to do this step in batches. Remove from the pan and season.

3. ALL TOGETHER Return the pan to a medium heat with a drizzle of oil. When hot, add the spring onion whites, green beans, and cabbage and fry until soft, 4-5 [5-6] minutes (shifting occasionally). Add the ginger and the Chinese 5-spice. In the final minute, add the ostrich. Remove from the heat, mix through the hoisin, the sliced chilli (to taste), and seasoning.

4. BOWL 'EM OVER Bowl up the noodles. Top with the hoisin ostrich and beans and the pickled radish. Sprinkle over the cashew nuts, the spring onion greens, and any remaining chilli (to taste). Finish off with a crack of black pepper. Enjoy, Chef!

Chef's Tip Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside