



# UCOOK

## Kung Pao Ostrich

with fluffy rice & toasted peanuts

Created during the Qing Dynasty, the modern version of this dish is now so popular, it has even been savoured by astronauts in space! Our UCOOK version replaces chicken with ostrich, which tops fluffy rice together with a very special kung pao sauce that packs a punch. Enjoyed with pak choi, toasted peanuts, and piquanté peppers.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Fan Faves

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Muratie Wine Estate | Muratie Martin Melck  
Cabernet Sauvignon 2019

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## Ingredients & Prep

100ml	Jasmine Rice <i>rinse</i>
15g	Peanuts <i>roughly chop</i>
150g	Free-range Ostrich Strips
20ml	Cornflour
1	Onion <i>peel &amp; roughly slice ½</i>
150g	Pak Choi <i>trim at the base, rinse thoroughly, separate leaves &amp; roughly shred</i>
1	Bell Pepper <i>rinse, deseed &amp; cut ½ into strips</i>
50ml	Kung Pao Sauce <i>(15ml Tomato Sauce, 5ml Gochujang, 5ml Honey, 10ml Mirin, 15ml Low Sodium Soy Sauce)</i>
20g	Piquanté Peppers <i>drain</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel

**1. RICE** Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. NUTS** Place the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. STRIPS** Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and coat with the cornflour. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season.

**4. KUNG PAO** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onions, the pak choi stems and the pepper strips until lightly golden, 5-6 minutes. Mix in the kung pao sauce and 100ml of water. Simmer until slightly thickening, 4-5 minutes. In the final minute, mix in the browned strips, and the shredded pak choi leaves. Remove from the heat and season.

**5. TIME TO EAT** Dish up the rice and top with the saucy ostrich. Scatter over the drained piquanté peppers and the toasted nuts. Tuck in, Chef!

## Nutritional Information

Per 100g

Energy	438kJ
Energy	105kcal
Protein	5.4g
Carbs	15g
of which sugars	3.6g
Fibre	1.3g
Fat	2.5g
of which saturated	0.5g
Sodium	139mg

## Allergens

Gluten, Allium, Peanuts, Wheat,  
Sulphites, Sugar Alcohol (Xylitol), Soy

Eat  
Within  
4 Days