



QCOOK

Ostrich Stir-fry

with fresh chillies

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Ethan Shahim

Wine Pairing: Paul Cluver | Village Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	773kJ	3452kJ
Energy	185kcal	826kcal
Protein	9.3g	41.5g
Carbs	23g	104g
of which sugars	3.5g	15.7g
Fibre	1.5g	6.9g
Fat	5.8g	25.7g
of which saturated	1.1g	5.1g
Sodium	157mg	738mg

Allergens: Shellfish, Fish, Peanuts, Gluten, Wheat, Soya, Allium

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice <i>rinse</i>
150g	300g	Free-range Ostrich Chunks
20ml	40ml	Flour Mix <i>5ml [10ml] Chinese 5-Spice , 15ml [30ml] Cornflour</i>
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
120g	240g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
10g	20g	Peanuts <i>roughly chop</i>
1	1	UCOOK Asian Sauce

From Your Kitchen

Oil (cooking, olive or coconut)

Paper Towel

Seasoning (salt & pepper)

Water

1. NICE RICE Place the rice in a pot with 200ml [400ml] 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 steam, 8-10 minutes. Fluff with a fork and cover.

2. CRISP UP THE OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with a paper towel, cut into small bite-sized pieces, and coat with the flour mix. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan.

3. VEGGIE MEDLEY & SAUCE Return the pan to medium heat with a drizzle of oil if necessary. Fry the carrot and spring onion whites until starting to brown, 4-5 minutes (shifting constantly, ensuring that the veggies don't burn). Reduce the heat and add the chilli, peanuts, and Asian sauce. Return the ostrich to the pan, and allow to simmer until slightly reduced, 2-3 minutes. Remove from the heat.

4. AMAZING AROMAS Bowl up your rice, top with the saucy stir-fry, and garnish with the spring onion greens. Enjoy dinner, Chef.