



U C O O K

— COOKING MADE EASY

Super Quick Ostrich Stir Fry

with tamari, cashew nuts, fresh lime & pickled ginger

The feisty flavour and fresh crunch — but none of the fuss. Succulent ostrich, pan fried with herbs and spices, tossed with green beans, and sauced up with sesame oil, tamari, and honey. Pickled ginger, lime, and sriracha bring that wow factor!

Hands-On Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Alex Levett



Health Nut

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Ingredients & Prep

10g	Cashew Nuts
100g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
1	Onion <i>one half peeled & finely sliced</i>
150g	Ostrich Strips
7.5ml	NOMU Oriental Rub
100g	Shredded Red Cabbage & Julienne Carrot
35ml	Tamari-Sesame Sauce <i>(7.5ml Sesame Oil, 7.5ml Honey & 20ml Tamari)</i>
1	Lime <i>zested & cut into wedges</i>
15ml	Sriracha
10g	Pickled Ginger <i>drained & roughly chopped</i>

From Your Kitchen

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

1. TOASTED CASHEW DELIGHT Place a pan or wok over a medium heat. When hot, toast the cashews for 3-5 minutes until golden, shifting occasionally. Remove from the pan or wok on completion and set aside. Roughly chop when cool enough to handle.

2. CRUNCHY GREEN BEANS Return the pan or wok to a medium-high heat with a splash of water. When starting to bubble, simmer the sliced green beans for 3-4 minutes until cooked al dente. Transfer to a bowl on completion and set aside.

3. SAUTÉ THE ONIONS Return the pan or wok to a medium heat with a drizzle of oil. When hot, fry the sliced onions for 4-5 minutes until soft and translucent, shifting occasionally. Remove from the pan and add to the bowl of green beans.

4. GET THAT STIR FRY TOGETHER! Return the pan or wok to a high heat with another drizzle of oil. When hot, add in the ostrich strips and the Oriental Rub to taste. Fry for 2-3 minutes, shifting occasionally. Once browned, add in the cooked onions, the cooked green beans, and the cabbage and carrot. Mix in the tamari-sesame sauce and the juice of 1 lime wedge. Heat through for 2-3 minutes until the slaw is slightly wilted but still crunchy, tossing occasionally. On completion, add more lime juice and seasoning to taste if necessary. Remove from the heat.

5. LOAD UP & TUCK IN! Dish up the crunchy stir fry and drizzle over the sriracha to taste. Garnish with the chopped pickled ginger, the lime zest to taste, and the chopped cashews. Serve with a lime wedge on the side and get ready to feast!



Chef's Tip

We suggest using a wok for this recipe if you have one. The best thing about a wok is that it distributes heat more evenly and so requires less oil. It also ensures that food tossed during stir frying lands back in the pan and not all over the stove!

Nutritional Information

Per 100g

Energy	390kJ
Energy	93Kcal
Protein	7.5g
Carbs	8g
of which sugars	4.5g
Fibre	1.9g
Fat	3.4g
of which saturated	0.7g
Sodium	365mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts,
Soy

Cook
within
4 Days