

QCOOK

Savoury Rice & Sticky Ostrich Bites

with a sriracha-honey sauce

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Delheim Wines | Delheim Merlot

Nutritional Info	Per 100g	Per Portion
Energy	771kJ	5459kJ
Energy	185kcal	1306kcal
Protein	6.4g	45.2g
Carbs	20g	143g
of which sugars	4.7g	33.5g
Fibre	2.2g	15.5g
Fat	7.9g	56.2g
of which saturated	0.7g	5.1g
Sodium	180mg	1273mg

Allergens: Cow's Milk, Soya, Egg, Allium, Sesame, Sulphites

Spice Level: Hot

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & finely dice ½ [1]</i>
120g	240g	Carrot <i>rinse, peel (optional) & roughly dice</i>
100ml	200ml	Jasmine Rice <i>rinse</i>
50g	100g	Peas
10ml	20ml	Sesame Seed Mix
50ml	100ml	Kewpie Mayo
150g	300g	Free-range Ostrich Strips
45ml	90ml	Spiced Flour <i>(30ml [60ml] Cornflour & 15ml [30ml] Ground Paprika)</i>
40ml	80ml	Sriracha Honey <i>(30ml [60ml] Sriracha Sauce & 10ml [20ml] Honey)</i>
20g	40g	Piquanté Peppers <i>drain</i>
3g	5g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. SAVOURY RICE Place a pot big enough for the rice over medium heat with a drizzle of oil. When hot, fry the onion and carrot until soft, 4-5 minutes (shifting occasionally). Add the rice and 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. In the final 5 minutes, add the peas to warm through. Fluff with a fork and cover.

2. SESAME SEEDS & MAYO Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. In a small bowl, loosen the kewpie mayo with water until drizzling consistency.

3. O-YUM OSTRICH Return the pan to high heat with a generous drizzle of oil. Pat the ostrich dry with paper towel. Coat the ostrich in the spiced flour and sear until browned, 1-2 minutes (shifting occasionally). Reduce the heat and add a generous knob of butter and the sriracha honey. Stir until coated. Season and remove from the heat.

4. SWEET & SAVOURY Plate up the loaded rice, topped with the sticky ostrich strips. Scatter over the sweet piquanté peppers and chives. Drizzle over the kewpie mayo and finish off with the sesame seeds. Dinner is ready to go, Chef!