



UCOOK

Veggie & Ostrich Stir-fry

with pickled peppers, broccoli,
mushrooms & cashew nuts

A mouth-watering vegetable medley forms the base of this sensational stir-fry, with fried onion, charred broccoli, carrot ribbons, pickled peppers and umami-packed stir-fry sauce. Juicy seared ostrich chunks and toasted cashew nuts finish this colourful, culinary delight.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jason Johnson

 Carb Conscious

 Paserene | Midnight Cabernet Sauvignon

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Ingredients & Prep

10g	Cashew Nuts <i>roughly chopped</i>
150g	Free-range Ostrich Chunks
125g	Button Mushrooms <i>wiped clean & cut into quarters</i>
100g	Broccoli Florets <i>cut into bite-sized pieces</i>
1	Red Onion <i>½ peeled & roughly sliced</i>
10g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
120g	Carrot <i>rinsed, trimmed & peeled into ribbons</i>
30g	Pickled Bell Peppers <i>drained & roughly sliced</i>
25ml	Stir-fry Sauce <i>(15ml Low Sodium Soy Sauce & 10ml Rice Wine Vinegar)</i>

From Your Kitchen

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

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

2. GOLDEN OSTRICH Pat dry the ostrich with paper towel. Return the pan to high heat with a drizzle of oil. When hot, fry the ostrich pieces until golden 30-60 seconds per side. Remove from the pan and season.

3. FRIED MUSHROOMS Return the pan to medium heat with a drizzle of oil. When hot, add the quartered mushrooms and fry until golden, 4-5 minutes. Remove from the pan and season.

4. STIR-FRY Return the pan to medium-high heat with a drizzle of oil. When hot, add the broccoli pieces and the sliced onion. Fry until the onion is soft and the broccoli is slightly charred, 5-6 minutes. Add the grated garlic and the grated ginger, and fry until fragrant, 1-2 minutes. Add the cooked mushrooms, the ostrich, the carrot ribbons, sliced pickled peppers, and the stir-fry sauce. Mix to combine and simmer until the carrots are warmed through, 1-2 minutes.

5. AND... DONE! Plate up the stir-fry and sprinkle over the toasted cashew nuts. Easy peasy, Chef!

Nutritional Information

Per 100g

Energy	285kJ
Energy	68kcal
Protein	6.8g
Carbs	6g
of which sugars	3g
Fibre	1.8g
Fat	1.6g
of which saturated	0.4g
Sodium	160mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Cook
within 3
Days