



UCCOOK

Ginger-soy Sauce & Ostrich

with jasmine rice & peas

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Jemimah Smith

Wine Pairing: Sophie Germanier Organic | Pinotage Organic

Nutritional Info

	Per 100g	Per Portion
Energy	519kJ	3164kJ
Energy	124kcal	757kcal
Protein	7g	42.9g
Carbs	18g	107g
of which sugars	2.5g	15.3g
Fibre	1.8g	10.9g
Fat	2.4g	14.6g
of which saturated	0.5g	3.3g
Sodium	239mg	1460mg

Allergens: Gluten, Allium, Wheat, Sulphites, Fish, Soy, Shellfish

Spice Level: None

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Jasmine Rice <i>rinse</i>
150g	200g	Peas
450g	600g	Free-range Ostrich Chunks
120ml	160ml	Soy Sauce Mix <i>(60ml [80ml] Low Sodium Soy Sauce, 15ml [20ml] Fish Sauce & 45ml [60ml] Rice Wine Vinegar)</i>
15ml	20ml	Cornflour
360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
30g	40g	Fresh Ginger <i>peel & grate</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Paper Towel
Water
Sugar/Sweetener/Honey

1. RICE & PEAS Place the rice in a pot with 600ml [800ml] 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, add the peas, and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. OSTRICH & SOY SAUCE SLURRY Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 3-4 minutes (shifting occasionally). Remove from the pan and cut into bite-sized pieces. Set aside. In a bowl, combine the soy sauce mix, and the cornflour to make a slurry.

3. GINGER CARROTS Return the pan to medium heat. When hot, fry the carrot, and the onion until starting to brown and soften, 8-10 minutes. Add the ginger until fragrant, 1-2 minutes.

4. SIMMER YOUR DINNER Add the soy sauce slurry, 150ml [200ml] of water, and a sweetener (to taste). Simmer until slightly thickened 4-5 minutes. Add the browned meat, and seasoning.

5. DELISH DISH Dish up the fluffy rice, and spoon over the saucy ostrich. Enjoy!