



# 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.

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**Hands-on Time:** 45 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Jason Johnson

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 Carb Conscious

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 Paserene | Midnight Cabernet Sauvignon

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## Ingredients & Prep

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30g	Cashew Nuts <i>roughly chopped</i>
450g	Free-range Ostrich Chunks
375g	Button Mushrooms <i>wiped clean &amp; cut into quarters</i>
300g	Broccoli Florets <i>cut into bite-sized pieces</i>
2	Red Onions <i>1½ peeled &amp; roughly sliced</i>
30g	Fresh Ginger <i>peeled &amp; grated</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
240g	Carrot <i>rinsed, trimmed &amp; peeled into ribbons</i>
90g	Pickled Bell Peppers <i>drained &amp; roughly sliced</i>
75ml	Stir-fry Sauce <i>(45ml Low Sodium Soy Sauce &amp; 30ml Rice Wine Vinegar)</i>

## From Your Kitchen

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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, 5-6 minutes. You may need to do this step in batches. 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, 7-8 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, 2-3 minutes.

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

## Nutritional Information

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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

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## Allergens

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

Cook  
within 3  
Days