



# UCOOK

## Kung Pao Ostrich

with fluffy rice & toasted peanuts

Created during the Qing Dynasty, the modern version of this dish is now so popular, it has even been savoured by astronauts in space! Our UCOOK version replaces chicken with ostrich, which tops fluffy rice together with a very special kung pao sauce that packs a punch. Enjoyed with pak choi, toasted peanuts, and piquanté peppers.

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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Fan Faves

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Muratie Wine Estate | Muratie Martin Melck  
Cabernet Sauvignon 2019

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## Ingredients & Prep

|       |                                                                                                                 |
|-------|-----------------------------------------------------------------------------------------------------------------|
| 200ml | Jasmine Rice<br><i>rinse</i>                                                                                    |
| 30g   | Peanuts<br><i>roughly chop</i>                                                                                  |
| 300g  | Free-range Ostrich Strips                                                                                       |
| 40ml  | Cornflour                                                                                                       |
| 1     | Onion<br><i>peel &amp; roughly slice</i>                                                                        |
| 300g  | Pak Choi<br><i>trim at the base, rinse thoroughly, separate leaves &amp; roughly shred</i>                      |
| 1     | Bell Pepper<br><i>rinse, deseed &amp; cut into strips</i>                                                       |
| 100ml | Kung Pao Sauce<br><i>(30ml Tomato Sauce, 10ml Gochujang, 10ml Honey, 20ml Mirin, 30ml Low Sodium Soy Sauce)</i> |
| 40g   | Piquanté Peppers<br><i>drain</i>                                                                                |

## From Your Kitchen

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

**1. RICE** Place the rinsed rice in a pot with 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 set aside to steam, 8-10 minutes. Fluff with a fork and cover.

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

**3. STRIPS** Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and coat with the cornflour. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season.

**4. KUNG PAO** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onions, the pak choi stems and the pepper strips until lightly golden, 5-6 minutes. Mix in the kung pao sauce and 200ml of water. Simmer until slightly thickening, 4-5 minutes. In the final minute, mix in the browned strips, and the shredded pak choi leaves. Remove from the heat and season.

**5. TIME TO EAT** Dish up the rice and top with the saucy ostrich. Scatter over the drained piquanté peppers and the toasted nuts. Tuck in, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 438kJ   |
| Energy             | 105kcal |
| Protein            | 5.4g    |
| Carbs              | 15g     |
| of which sugars    | 3.6g    |
| Fibre              | 1.3g    |
| Fat                | 2.5g    |
| of which saturated | 0.5g    |
| Sodium             | 139mg   |

## Allergens

Gluten, Allium, Peanuts, Wheat,  
Sulphites, Sugar Alcohol (Xylitol), Soy

Eat  
Within  
4 Days