



UCOOK

Hoisin Ostrich Stir-fry

with pak choi, pickled ginger & cabbage

Quick, easy and totally scrumptious! Vibrant veggies, noodles, and flavourful ostrich mince are dressed in a hoisin sauce and finished off with zingy lime juice.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Thea Richter

 Quick & Easy

 Paserene | Dark Shiraz

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Ingredients & Prep

30g	Cashew Nuts <i>roughly chopped</i>
3 cakes	Egg Noodles
2	Onions
300g	Cabbage
120g	Pickled Bell Peppers
450g	Free-range Ostrich Mince
15ml	Chinese 5-spice
150ml	Hoisin Sauce
2	Limes <i>cut into wedges</i>
30g	Pickled Ginger <i>drained</i>
12g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

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

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

2. EGGY NOODLES Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

3. FEELING PREPPY Peel and roughly slice 1½ of the onions. Thinly slice the cabbage. Drain the pickled peppers.

4. STIR & FRY Return the pan to medium-high heat with a drizzle of oil. When hot, add the sliced onion and fry until soft, 4-5 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). Add the Chinese 5-spice (to taste) and fry until fragrant, 1-2 minutes (shifting constantly).

5. MAKE IT SAUCY When the Chinese 5-spice is fragrant, add the drained pickled pepper, the sliced cabbage, the cooked noodles, and the hoisin sauce to the pan. Fry until warmed through and coated in the sauce, 1-2 minutes. Remove from the heat, squeeze over some lime juice, and season (if necessary).

6. THAT'S IT! Plate up the stir-fry. Sprinkle over the drained pickled ginger, the picked coriander, and the toasted cashews. Serve with a lime wedge.

Nutritional Information

Per 100g

Energy	618kJ
Energy	147kcal
Protein	8.1g
Carbs	18g
of which sugars	8.2g
Fibre	1.3g
Fat	4.2g
of which saturated	1.1g
Sodium	455mg

Allergens

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

Cook
within
4 Days