



UCOOK

Hoisin Glazed Ostrich Meatballs

with fluffy brown basmati rice & edamame beans

Here we have the Asian-inspired, hoisin glazed meatballs of your dreams! Fragrant brown rice and a colourful pow of edamame beans will leave you in absolute taste bliss. Sprinkles of toasted cashews and spring onion round it out magnificently – truly a new foodie favourite!


Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kate Gomba

♥ Health Nut

 Warwick Wine Estate | First Lady Cabernet Sauvignon

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Ingredients & Prep

300ml	Brown Basmati Rice
450g	Free-range Ostrich Mince
3	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
2	Garlic Cloves <i>peeled & grated</i>
30g	Fresh Ginger <i>peeled & grated</i>
45g	Cashew Nuts
150g	Edamame Beans
150g	Hoisin Sauce
15ml	Vegetable Stock
22,5ml	Lime Juice
12g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. FLUFFY BROWN RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 700ml of salted water. Pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. MAKE THE MEATBALLS In a bowl, place the mince, the spring onion whites, the grated garlic, and the grated ginger. Mix until well combined and season. Roll into 4-5 meatballs per portion.

3. PREP STEP Boil a full kettle. Place the cashews in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and roughly chop. Submerge the edamame beans in salted boiling water for 3-4 minutes until plumped up. Drain on completion.

4. ALL TOGETHER NOW Return the pan to a medium heat with a drizzle of oil. When hot, fry the meatballs for 3-4 minutes, until browned on all sides but not cooked through. Add in the hoisin sauce, the vegetable stock and 150ml of boiling water. Mix until fully combined and simmer for 5-6 minutes until slightly thickened, occasionally basting the meatballs. On completion, season with the lime juice (to taste) and a pinch of salt.

5. EAT UP! Plate up the fluffy rice. Top with the meatballs and smother in the silky hoisin sauce. Scatter over the edamame beans, the toasted cashew nuts and the spring onion greens. Garnish with the fresh coriander. Enjoy!



Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

Nutritional Information

Per 100g

Energy	850kj
Energy	203Kcal
Protein	12g
Carbs	25g
of which sugars	4.6g
Fibre	2.6g
Fat	6.5g
of which saturated	1.2g
Sodium	295mg

Allergens

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

Cook
within
4 Days