



UCCOOK

Savoury Ginger Ostrich

with buckwheat & bell pepper

Hands-on Time: 30 minutes

Overall Time: 50 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	287kJ	2061kJ
Energy	69kcal	493kcal
Protein	5.7g	41.1g
Carbs	7g	51g
of which sugars	2g	18g
Fibre	2g	12g
Fat	2g	14.6g
of which saturated	0.5g	3.5g
Sodium	236.3mg	1696mg

Allergens: Soya, Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
90ml	125ml	Buckwheat <i>rinse</i>
450g	600g	Free-range Ostrich Strips
300g	400g	Pak Choi <i>trim at the base, separate leaves & rinse thoroughly</i>
360g	480g	Carrot <i>rinse, trim, peel & finely dice</i>
60g	80g	Fresh Ginger <i>peel & grate</i>
2	2	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
2	2	Bell Peppers <i>rinse, deseed & dice 1½ [2]</i>
90ml	125ml	Teriyaki Sauce

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. BEGIN THE BUCKWHEAT Place the buckwheat in a pot with 600ml [800ml] of water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes. Drain and cover.

2. O-YUM OSTRICH Place a pan over medium-high heat and lightly add cooking spray. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan.

3. VEGGIE MEDLEY Finely slice the pak choi stems and set aside. Roughly shred the leafy parts, keeping them separate from the stems. Return the pan to medium heat and lightly add cooking spray. When hot, fry the pak choi stems and the carrots until golden, 6-7 minutes (shifting occasionally). Add the ginger, the spring onion whites and the bell pepper and fry until cooked through but still crunchy, 4-5 minutes (shifting occasionally).

4. TASTY TERIYAKI Add the pak choi leaves, the cooked ostrich, the teriyaki sauce, and the cooked buckwheat and toss until the leaves are wilted, 1-2 minutes.

5. A TASTE TRIUMPH Bowl up the loaded buckwheat and ostrich. Garnish with the spring onion greens.