



# UCOOK

## Spicy Teriyaki Ostrich Fries

with sriracha, kewpie mayo & cheese

Sweet and savoury teriyaki ostrich chunks are served atop crispy French fries, oozing with melted cheese. Kewpie mayo, sriracha, and snappy green beans bring it all together for an Asian fusion feast!

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**Hands-on Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Alex Levett

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 Fan Faves

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 Creation Wines | Creation Pinot Noir 2021

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## Ingredients & Prep

45ml	Teriyaki Sauce
15ml	Sugar
1	Onion <i>½ peeled &amp; finely diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
160g	Free-range Ostrich Steak <i>cut into bite-sized chunks</i>
200g	Potato <i>peeled &amp; cut into skinny, 1cm thick fries</i>
100g	Green Beans <i>rinsed, trimmed &amp; sliced into thirds</i>
50g	Grated Mozzarella & Cheddar Cheese
50ml	Kewpie Mayo
15ml	Sriracha
1	Spring Onion <i>finely sliced</i>

## From Your Kitchen

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

**1. MARINADE & CHIP PREP** Preheat the oven to 220°C. Boil the kettle. Place the teriyaki sauce, sugar, diced onion, and grated garlic in a medium-sized bowl. Whisk together until the sugar dissolves and season. Pat the ostrich chunks dry with paper towel and add to the bowl. Toss to coat and set aside to marinate.

**2. GOLDEN FRIES** Fill a pot for the skinny fries with boiling water and add a pinch of salt. Place over a high heat and bring back up to the boil. Once bubbling rapidly, parcook the fries for 2-3 minutes. Remove on completion and place on paper towel, leaving the boiling water in the pot. Pat the fries completely dry and place on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 25-30 minutes until evenly crisp, turning at least twice.

**3. BRIGHT GREEN BEANS** Bring the pot of water back to a boil and pop in the sliced green beans for 2-3 minutes until cooked but still crunchy. Drain on completion and run under cold water to stop the cooking process. Return to the pot, cover with a lid to keep warm, and set aside for serving.

**4. TERIYAKI OSTRICH** When the fries have 10 minutes remaining, place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, add in the ostrich, reserving the remaining marinade in the bowl. Fry for 1-2 minutes until browned and cooked through, shifting regularly. On completion, transfer to a clean bowl. Cover to keep warm and set aside. Return the pan to a medium heat and spoon in the reserved marinade. Simmer for 3-4 minutes until reduced and sticky. Remove the pan from the heat and toss through the cooked ostrich until coated. Cover with a lid to keep warm and set aside for serving.

**5. GET CHEESY** When the fries are cooked, sprinkle over the cheese and return to the oven for 3-4 minutes until melted and golden. Keep an eye on it so it doesn't burn!

**6. ALL EYES ON THE FRIES!** Pile up some cheesy fries. Top with the green beans and smother in sticky teriyaki ostrich. Dollop with the mayo, and splatter with the sriracha — all to taste. Finally, garnish with the sliced spring onions Simply delicious!

## Nutritional Information

Per 100g

Energy	600kJ
Energy	143kcal
Protein	7.6g
Carbs	10g
of which sugars	4.6g
Fibre	1.4g
Fat	3.4g
of which saturated	1.4g
Sodium	322mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat,  
Sulphites, Soy

Cook  
within  
4 Days