

# UCOOK

## Asian Ostrich & Quinoa Stir-fry

with sesame seeds, hoisin sauce & fresh coriander

A great stir-fry is hard to beat! In this tasty ostrich version, crunchy baby marrow, piquanté peppers & tender stroganoff are all enrobed in an umami-rich sauce of garlic, ginger, soy & hoisin sauce. Tossed with red & white quinoa and sprinkled with sesame seeds, you won't believe how fast & moreish it is!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Ella Nasser

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 Fan Faves

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 Waterkloof | Circumstance Cabernet Franc

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## Ingredients & Prep

75ml	Red & White Quinoa Mix <i>rinsed</i>
150g	Free-range Ostrich Strips
30ml	Cornflour
100g	Baby Marrow <i>rinsed, trimmed &amp; cut into bite-sized pieces</i>
5ml	White Sesame Seeds
10g	Fresh Ginger <i>peeled &amp; grated</i>
1	Garlic Clove <i>peeled &amp; grated</i>
1	Spring Onion <i>finely sliced, keeping the white &amp; green parts separate</i>
22.5ml	Asian Dressing <i>(15ml Low Sodium Soy Sauce, 2,5ml Sesame Oil &amp; 5ml Rice Wine Vinegar)</i>
25ml	Hoisin Sauce
30g	Piquanté Peppers <i>drained &amp; roughly chopped</i>
4g	Fresh Coriander <i>rinsed &amp; picked</i>

## From Your Kitchen

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

**1. COOK THE QUINOA** Place the rinsed quinoa in a pot with 150ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

**2. SIZZLING STROG** Place a deep pan, with a lid, over medium-high heat with enough oil to cover the base. Pat the ostrich dry with paper towel. In a bowl, toss the ostrich strips with the cornflour and seasoning. When the pan is hot, add the coated ostrich and fry until crispy, 2-4 minutes per side. Remove and drain on paper towel.

**3. MARROW & SESAME** Return the pan to medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the baby marrow pieces until charred, 2-3 minutes per side. Remove from the pan and season. Return the pan, wiped down, to medium heat. Add the sesame seeds and toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. SAUCY STIR-FRY** Return the pan to low-medium heat with a drizzle of oil. When hot, add the grated ginger, the grated garlic, and the spring onion whites. Fry until fragrant, 1-2 minutes (shifting constantly). Add the Asian dressing and the hoisin sauce. Simmer until sticky and glossy, 1-2 minutes. Add the cooked ostrich, the cooked baby marrow, the chopped peppers, and the cooked quinoa. Season and toss until coated.

**5. LOOKING GOOD!** Bowl up the delicious ostrich and quinoa stir-fry. Sprinkle over the toasted sesame seeds, the spring onion greens, and the picked coriander. Time to dine, Chef!

## Nutritional Information

Per 100g

Energy	621kJ
Energy	148kcal
Protein	10.4g
Carbs	20g
of which sugars	5.8g
Fibre	1.8g
Fat	3.1g
of which saturated	0.6g
Sodium	337mg

## Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook  
within  
4 Days