



# UCCOOK

## Ginger-soy Sauce & Ostrich

with jasmine rice & peas

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Jemimah Smith

**Wine Pairing:** Sophie Germanier Organic | Pinotage Organic

### Nutritional Info

	Per 100g	Per Portion
Energy	519kJ	3164kJ
Energy	124kcal	757kcal
Protein	7g	42.9g
Carbs	18g	107g
of which sugars	2.5g	15.3g
Fibre	1.8g	10.9g
Fat	2.4g	14.6g
of which saturated	0.5g	3.3g
Sodium	239mg	1460mg

**Allergens:** Gluten, Allium, Wheat, Sulphites, Fish, Soy, Shellfish

**Spice Level:** None

Eat Within 5 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice <i>rinse</i>
50g	100g	Peas
150g	300g	Free-range Ostrich Chunks
40ml	80ml	Soy Sauce Mix <i>(20ml [40ml] Low Sodium Soy Sauce, 5ml [10ml] Fish Sauce &amp; 15ml [30ml] Rice Wine Vinegar)</i>
5ml	10ml	Cornflour
120g	240g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
1	1	Onion <i>peel &amp; roughly slice ½ [1]</i>
10g	20g	Fresh Ginger <i>peel &amp; grate</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Paper Towel

Water

Sugar/Sweetener/Honey

**1. RICE & PEAS** Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat, add the peas, and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. OSTRICH & SOY SAUCE SLURRY** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). Remove from the pan and cut into bite-sized pieces. Set aside. In a bowl, combine the soy sauce mix, and the cornflour to make a slurry.

**3. GINGER CARROTS** Return the pan to medium heat. When hot, fry the carrot, and the onion until starting to brown and soften, 5-8 minutes. Add the ginger until fragrant, 1-2 minutes.

**4. SIMMER YOUR DINNER** Add the soy sauce slurry, 50ml [100ml] of water, and a sweetener (to taste). Simmer until slightly thickened 3-4 minutes. Add the browned meat, and seasoning.

**5. DELISH DISH** Dish up the fluffy rice, and spoon over the saucy ostrich. Enjoy!