



UCOOK

Ostrich Strips & Asian Slaw

with peanuts & fresh chilli

This dish is bursting with bold flavours, from the juicy seared ostrich strips to the charred corn, crunchy cabbage, and carrot. Tossed together with a tangy & sweet Asian dressing consisting of soy sauce, kewpie mayo, and sesame oil. Finished off with a sprinkle of toasted sesame seeds & chopped peanuts for added crunch. Don't forget the sliced chilli for a bit of extra heat!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Rhea Hsu

Carb Conscious

Doos Wine | Doos Pink 3L

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Ingredients & Prep

20ml	Mixed Sesame Seeds
200g	Corn
160g	Kale <i>rinse & roughly shred</i>
600g	Free-range Ostrich Strips
20ml	NOMU Oriental Rub
200ml	Asian Dressing <i>(80ml Kewpie Mayo, 60ml Low Sodium Soy Sauce, 20ml Sesame Oil & 40ml Rice Wine Vinegar)</i>
400g	Cabbage <i>rinse & finely slice</i>
480g	Carrot <i>rinse, peel & cut into matchsticks or grate</i>
10g	Fresh Coriander <i>rinse & pick</i>
40g	Peanuts <i>roughly chop</i>
1	Fresh Chilli <i>rinse, de-seed & thinly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. SIMPLY SESAME Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. CORN YOU BELIEVE IT? Return the pan to high heat with a drizzle of oil. When hot, fry the corn and shredded kale until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

3. THE STEAKS ARE HIGH Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich strips dry with paper towel. When hot, sear the ostrich until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and season.

4. EVERYTHING ASIAN SALAD In a salad bowl, combine the Asian dressing with a sweetener (to taste) and seasoning. Toss through the corn & kale, the sliced cabbage, the grated carrot or carrot matchsticks, ½ the picked coriander, ½ the toasted sesame seeds, and ½ the chopped peanuts.

5. RAINBOW ON A PLATE Plate up the Asian slaw salad. Top with the juicy ostrich strips. Sprinkle over the remaining chopped peanuts and toasted sesame seeds. Garnish with the remaining picked coriander and the sliced chilli (to taste). Delish, Chef!

Nutritional Information

Per 100g

Energy	543kJ
Energy	130kcal
Protein	7.6g
Carbs	6g
of which sugars	2.4g
Fibre	2g
Fat	5.2g
of which saturated	1.1g
Sodium	159mg

Allergens

Egg, Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Soy, Cow's Milk

Eat
Within
4 Days