



Eat Within 4 Days

UCCOOK

Sweet & Spicy Ostrich & Pineapple Rice

with spring onion, sesame seeds & edamame beans

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	710kJ	4153kJ
Energy	170kcal	993kcal
Protein	8.7g	50.9g
Carbs	24g	140g
of which sugars	6.5g	38g
Fibre	1.5g	8.7g
Fat	4.3g	25.2g
of which saturated	0.8g	4.7g
Sodium	350mg	2049mg

Allergens: Gluten, Allium, Sesame, Wheat, Sulphites, Soy, Shellfish

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Sushi Rice <i>rinse</i>
30ml	40ml	White Sesame Seeds
300g	400g	Tinned Pineapple Pieces <i>drain</i>
60ml	80ml	Low Sodium Soy Sauce
450g	600g	Free-range Ostrich Chunks
60ml	80ml	Cornflour
2	2	Garlic Cloves <i>peel & grate</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
150ml	200ml	Sweet Asian Sauce <i>(75ml [100ml] Sweet Indo Sauce, 15ml [20ml] Sesame Oil, 30ml [40ml] Rice Wine Vinegar & 30ml [40ml] Oyster Sauce)</i>
300g	400g	Edamame Beans
2	2	Spring Onions <i>rinse, trim & finely slice</i>
45g	60g	Pickled Ginger <i>drain & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. **RICE** Place the rinsed rice in a pot with 900ml [1.2L] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 15-20 minutes. Remove from the pot and spread on a plate. Fluff with a fork and cover.

2. **TOAST** 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.

3. **SOY-GOOD PINEAPPLE** Return the pan to medium heat with a drizzle of oil. When hot, fry the pineapple pieces until lightly charred, 1-2 minutes per side. Mix in the soy sauce and remove from the pan.

4. **OSTRICH** Return the pan, wiped down, to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel, cut into small chunks, and coat with the cornflour. When hot, sear the ostrich until browned, 1-2 minutes (shifting occasionally). Add the garlic and the ginger and fry until fragrant, 30-60 seconds. Mix in the sweet Asian sauce and 150ml [200ml] of water. Simmer until slightly thickened, 3-4 minutes. Remove from the heat.

5. **JUST BEFORE SERVING** Mix the spicy pineapple into the rice and the edamame beans.

6. **DINNER IS READY** Make a bed of the pineapple rice, top with ostrich chunks, and all the pan juices. Sprinkle over the spring onions, the pickled ginger, and the sesame seeds. Well done, Chef!