UCOOK

Soy-glazed Ostrich Mince Bowl

with a cucumber salsa

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Calorie Conscious: Serves 3 & 4

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	360kJ	2039kJ
Energy	86kcal	488kcal
Protein	7.4g	42g
Carbs	8g	43g
of which sugars	1g	7g
Fibre	1g	6g
Fat	2.9g	16.2g
of which saturated	0.7g	4.1g
Sodium	172mg	975mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
90ml	120ml	Jasmine Rice *rinse*
120g	160g	Edamame Beans
450g	600g	Free-range Ostrich Mince
2	2	Spring Onions *rinse, trim & finely slice*
60ml	80ml	Low Sodium Soy Sauce
300g	400g	Cucumber *rinse & cut into thin matchsticks*
2	2	Bell Peppers *rinse, deseed & cut 1½ [2] into strips*
60ml	80ml	Lemon Juice
120ml	160ml	Low Fat Plain Yoghurt
30g	40g	Pickled Ginger *drain & roughly chop*
8g	10g	Fresh Coriander *rinse, pick & roughly chop*

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water

1. LOADED RICE Place the rice in a pot with 300ml [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 and steam, 8-10 minutes. Fluff with a fork, add the edamame beans, and cover.

2. MMMINCE Place a pan over medium-high heat. When hot, add the mince, lightly coat with cooking spray or oil (optional), and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). Add the spring onion and the soy sauce. Fry until fragrant, 1-2 minutes. Remove from the heat and set aside.

3. VEGGIE MEDLEY In a mixing bowl, combine the cucumber, pepper, lemon juice, and seasoning.

4. BOWL 'EM OVER Bowl up the rice and top with the glazed mince and the dressed veg. Dollop over the yoghurt. Garnish with pickled ginger (to taste) and coriander. Looking good, dig in!