



# UCOOK

## Asian Ostrich Bowl

with brown basmati rice & fresh coriander

Succulent ostrich chunks, crisp cabbage, and fragrant brown basmati rice come together in this quick & yummy stir-fry dish. Elevated with an Asian sauce that blends the umami notes of soy sauce, the tanginess of tomato sauce, and the richness of oyster sauce.

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People


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**Chef:** Rhea Hsu

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 **\*NEW Simple & Save**

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 **Alvi's Drift | 221 Pinotage**

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## Ingredients & Prep

200ml	Brown Basmati Rice <i>rinsed</i>
5ml	White Sesame Seeds
300g	Ostrich Chunks
1	Onion <i>peeled &amp; roughly sliced</i>
200g	Cabbage <i>roughly chopped</i>
90ml	Asian Sauce <i>(30ml Low Sodium Soy Sauce, 15ml Tomato Sauce, 20ml Oyster Sauce, 20ml Mrs Balls Chutney &amp; 5ml Sesame Oil)</i>
8g	Fresh Coriander <i>rinsed &amp; picked</i>

## From Your Kitchen

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

**1. RICE** Place the rinsed rice in a pot with 500ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

**2. SESAME SEEDS** 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. OSTRICH** Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich chunks dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). Remove from the pan. Season and set aside.

**4. STIR-FRY** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onion until golden but still crunchy, 3-4 minutes (shifting occasionally). Add the chopped cabbage and the cooked ostrich, and fry until heated through, 1-2 minutes (shifting occasionally). Remove from the heat and toss through the Asian sauce. Season.

**5. YUMMY!** Dish up the brown rice and top with the ostrich stir-fry. Sprinkle over the toasted sesame seeds and garnish with the picked coriander. Simple yet stunning, Chef!

## Nutritional Information

Per 100g

Energy	537kJ
Energy	128kcal
Protein	9.3g
Carbs	18g
of which sugars	3.9g
Fibre	2.2g
Fat	2.2g
of which saturated	0.4g
Sodium	284mg

## Allergens

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

Cook  
within  
4 Days