



UCOOK

One-pan Ostrich Stir-fry

with pak choi, pickled ginger & a sesame soy sauce

A one-pan winner of a dinner that ticks all the boxes! Quick, easy and totally scrumptious! Vibrant veggies, noodles and tender strips of ostrich goulash are dressed in a soy and sesame sauce, spiced with gochujang and finished off with zingy lime juice.

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Tess Witney

 Fan Faves

 Leopard's Leap | Unwooded Chardonnay

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Ingredients & Prep

150g	Cashew Nuts
3 cakes	Egg Noodles
450g	Free-range Ostrich Goulash
300g	Pak Choi <i>trimmed at the base</i>
2	Onions <i>1½ peeled & roughly sliced</i>
22,5ml	NOMU Oriental Rub
165ml	Soy-sesame <i>(90ml Low Sodium Soy Sauce, 45ml Honey & 30ml Sesame Oil)</i>
300g	Cabbage <i>thinly sliced</i>
60ml	Gochujang
3	Limes <i>zested & cut into wedges</i>
30g	Pickled Ginger <i>drained</i>

From Your Kitchen

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

1. CASH-EW LATER Boil the kettle. Place the cashews in a pan or wok over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and roughly chop.

2. OODLES OF NOODLES Fill a pot for the noodles with boiling water, add a pinch of salt, and place over a medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain and toss through some oil to prevent sticking.

3. SEAL THE OSTRICH Pat the ostrich goulash dry with some paper towel and lightly season. Return the pan or wok to a high heat with a drizzle of oil. When hot, sear the ostrich goulash for 1 minute per side until browned but not cooked through, shifting as they colour. You may have to do this in batches. Remove from the pan on completion.

4. STIR-FRY TIME Separate the leaves of the trimmed pak choi and rinse well. Cut in half lengthwise. Return the pan or wok to a medium-high heat with another drizzle of oil. When hot, fry the sliced onion for 3-4 minutes, shifting occasionally. Add the Oriental rub to taste. Sauté for 3-4 minutes until the onion is translucent. Pour in the soy-sesame sauce, and simmer for about a minute, stirring continuously. Toss through the halved pak choi, sliced cabbage, and the cooked noodles. Cook for 1-3 minutes until the veg is slightly wilted but still crunchy, tossing continuously.

5. GET IT ALL IN THE PAN Return the ostrich to the pan or wok, mix in the gochujang (to taste) and $\frac{3}{4}$ of the cashew nuts. Toss for another 1-2 minutes until the ostrich is cooked through and coated. Finish off with a squeeze of lime juice and the lime zest. Stir to combine, remove from the heat, and season to taste.

6. EASY PEASY LIME SQUEEZY! Dish up some hearty ostrich stir-fry. Sprinkle over the remaining cashews and garnish with the drained pickled ginger. Side with a lime wedge. There you have it: a one-pan wonder!



Chef's Tip

We suggest using a wok for this recipe if you have one. The best thing about a wok is that it distributes heat more evenly.

Nutritional Information

Per 100g

Energy	657kJ
Energy	157kcal
Protein	8.3g
Carbs	16g
of which sugars	5.5g
Fibre	1.7g
Fat	6.4g
of which saturated	1.3g
Sodium	312mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Tree Nuts, Soy

Cook
within
4 Days