

# QCOOK

## Lemongrass Ostrich Bowl

with coconut rice

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Jenna Peoples

**Wine Pairing:** Piekenierskloof | Grenache Noir

### Nutritional Info

	Per 100g	Per Portion
Energy	610kJ	3197kJ
Energy	146kcal	764kcal
Protein	7.4g	38.8g
Carbs	17g	90g
of which sugars	1.4g	7.4g
Fibre	0.6g	3g
Fat	5g	26.2g
of which saturated	2.7g	14.1g
Sodium	219mg	1146mg

**Allergens:** Sulphites, Shellfish, Fish, Gluten, Wheat, Soya, Allium

**Spice Level:** Mild

Eat Within 4 Days



## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Jasmine Rice <i>rinse</i>
300ml	400ml	Coconut Milk
90ml	125ml	Lemon Juice
300g	400g	Cucumber <i>rinse &amp; roughly chop</i>
60g	80g	Piquanté Peppers <i>drain</i>
2 sticks	2 sticks	Lemongrass
60ml	80ml	Vietnamese Sauce <i>(15ml [20ml] Fish Sauce, 30ml [40ml] Low Sodium Soy Sauce &amp; 15ml [20ml] Rice Wine Vinegar)</i>
450g	600g	Free-range Ostrich Chunks
3	4	Garlic Cloves <i>peel &amp; grate</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

1. **COCONUT RICE** Place the rice in a pot with 600ml [800ml] of salted water and ½ of the coconut milk. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. **PICKLE & INFUSE** In a small bowl, add the lemon juice and 15ml [20ml] of a sweetener. Mix to dissolve the sweetener and add the cucumber and peppers. Set aside. Trim off the very top and the base of the lemongrass, then peel away the tough outer layers. Use a rolling pin or cleaver to lightly crush the lemongrass, slice it in half lengthways, then finely dice. Add the lemongrass to a small bowl, along with the Vietnamese sauce and a sweetener (to taste).

3. **VIETNAMESE OSTRICH** Place a pan over medium heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until golden and and browned, 2-3 minutes. Remove from the pan, season, and set aside. Return the pan to medium heat. Fry the garlic until fragrant, 30-60 seconds (shifting constantly). Return the ostrich to the pan, along with the Vietnamese sauce and the remaining coconut milk. Season and allow it to simmer until it has reduced slightly, 6-7 minutes (shifting occasionally).

4. **A NEW CULINARY ADVENTURE** Plate up the coconut rice, topped with the Vietnamese ostrich and sided with the pickled cucumber veg. And that's a wrap, Chef!