



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.


Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Rhea Hsu

 ***NEW Simple & Save**

 **Alvi's Drift | 221 Pinotage**

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Ingredients & Prep

100ml	Brown Basmati Rice <i>rinsed</i>
2,5ml	White Sesame Seeds
150g	Ostrich Chunks
1	Onion <i>½ peeled & roughly sliced</i>
100g	Cabbage <i>roughly chopped</i>
45ml	Asian Sauce <i>(15ml Low Sodium Soy Sauce, 7,5ml Tomato Sauce, 10ml Oyster Sauce, 10ml Mrs Balls Chutney & 2,5ml Sesame Oil)</i>
4g	Fresh Coriander <i>rinsed & 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 300ml 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