



UCCOOK

Ginger-soy Sauce & Ostrich

with jasmine rice & peas

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Jemimah Smith

Wine Pairing: Sophie Germanier Organic | Pinotage Organic

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 519kJ | 3164kJ |
| Energy | 124kcal | 757kcal |
| Protein | 7g | 42.9g |
| Carbs | 18g | 107g |
| of which sugars | 2.5g | 15.3g |
| Fibre | 1.8g | 10.9g |
| Fat | 2.4g | 14.6g |
| of which saturated | 0.5g | 3.3g |
| Sodium | 239mg | 1460mg |

Allergens: Gluten, Allium, Wheat, Sulphites, Fish, Soy, Shellfish

Spice Level: None

Eat Within 5 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 100ml | 200ml | Jasmine Rice <i>rinse</i> |
| 50g | 100g | Peas |
| 150g | 300g | Free-range Ostrich Chunks |
| 40ml | 80ml | Soy Sauce Mix <i>(20ml [40ml] Low Sodium Soy Sauce, 5ml [10ml] Fish Sauce & 15ml [30ml] Rice Wine Vinegar)</i> |
| 5ml | 10ml | Cornflour |
| 120g | 240g | Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i> |
| 1 | 1 | Onion <i>peel & roughly slice ½ [1]</i> |
| 10g | 20g | Fresh Ginger <i>peel & grate</i> |

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Paper Towel

Water

Sugar/Sweetener/Honey

1. RICE & PEAS Place the rice in a pot with 200ml [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, add the peas, and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. OSTRICH & SOY SAUCE SLURRY Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). Remove from the pan and cut into bite-sized pieces. Set aside. In a bowl, combine the soy sauce mix, and the cornflour to make a slurry.

3. GINGER CARROTS Return the pan to medium heat. When hot, fry the carrot, and the onion until starting to brown and soften, 5-8 minutes. Add the ginger until fragrant, 1-2 minutes.

4. SIMMER YOUR DINNER Add the soy sauce slurry, 50ml [100ml] of water, and a sweetener (to taste). Simmer until slightly thickened 3-4 minutes. Add the browned meat, and seasoning.

5. DELISH DISH Dish up the fluffy rice, and spoon over the saucy ostrich. Enjoy!