

Eat Within 2 Days

UCOOK

Sweet 'n' Sour Ostrich

with fluffy jasmine rice

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Koelenhof | Koelenbosch Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	766kJ	4960kJ
Energy	183kcal	1186kcal
Protein	7.3g	47.3g
Carbs	18g	120g
of which sugars	4.2g	27g
Fibre	1.2g	8g
Fat	8.1g	52.3g
of which saturated	0.9g	5.5g
Sodium	317mg	2053mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Soya, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Jasmine Rice *rinse*
30ml	40ml	Low Sodium Soy Sauce
150g	200g	Edamame Beans
45g	60g	Cashew Nuts
450g	600g	Free-range Ostrich Chunks
2	2	Onions *peel & roughly slice 1½ [2]*
2	2	Garlic Cloves *peel & grate*
240g	320g	Pineapple Chunks
150ml	200ml	Sweet 'n Sour Sauce *(45ml [60ml] Tomato Sauce, 45ml [60ml] Vinegar & 60ml [80ml] Oyster Sauce)*
125ml	160ml	Kewpie Mayo
8g	10g	Fresh Chives *rinse & finely slice*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel

1. SOY RICE Place the rice in a pot with 600ml [800ml] 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 and steam, 8-10 minutes. Fluff with a fork, toss through the soy sauce, edamame beans and cover.

2. GOLDEN CASHEWS Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. BROWN OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and cut into small pieces. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). Remove from the pan. Season and set aside.

4. SWEET & SOUR Return the pan to medium-high heat with a drizzle of oil. Fry the onion until soft, 5-6 minutes (shifting occasionally). Add the garlic and pineapple. Fry until fragrant, 2-3 minutes (shifting constantly). Mix through the sweet 'n sour sauce and a sweetener (to taste). Stir through the ostrich and simmer until fully coated, 3-4 minutes and season.

5. SATISFYING SUPPER Serve up the soy-infused rice and smother in the sweet 'n sour ostrich. Finish with dollops of the mayo, scatter over the cashews and garnish with a sprinkle of chives. Well done, Chef!

Chef's Tip A touch of sweetness helps balance acidity, creating that irresistible sweet 'n' sour flavour.