

UCOOK

Asian Ostrich & Quinoa Stir-fry

with sesame seeds, hoisin sauce & fresh coriander

A great stir-fry is hard to beat! In this tasty ostrich version, crunchy baby marrow, piquanté peppers & tender stroganoff are all enrobed in an umami-rich sauce of garlic, ginger, soy & hoisin sauce. Tossed with red & white quinoa and sprinkled with sesame seeds, you won't believe how fast & moreish it is!


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Ella Nasser

 Fan Faves

 Waterkloof | Circumstance Cabernet Franc

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Ingredients & Prep

225ml	Red & White Quinoa Mix <i>rinsed</i>
450g	Free-range Ostrich Strips
90ml	Cornflour
300g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized pieces</i>
15ml	White Sesame Seeds
30g	Fresh Ginger <i>peeled & grated</i>
2	Garlic Cloves <i>peeled & grated</i>
3	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
67,5ml	Asian Dressing <i>(45ml Low Sodium Soy Sauce, 7,5ml Sesame Oil & 15ml Rice Wine Vinegar)</i>
75ml	Hoisin Sauce
90g	Piquanté Peppers <i>drained & roughly chopped</i>
12g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

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

1. COOK THE QUINOA Place the rinsed quinoa in a pot with 450ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. SIZZLING STROG Place a deep pan, with a lid, over medium-high heat with enough oil to cover the base. Pat the ostrich dry with paper towel. In a bowl, toss the ostrich strips with the cornflour and seasoning. When the pan is hot, add the coated ostrich and fry until crispy, 2-4 minutes per side. You may need to do this step in batches. Remove and drain on paper towel.

3. MARROW & SESAME Return the pan to medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the baby marrow pieces until charred, 2-3 minutes per side. Remove from the pan and season. Return the pan, wiped down, to medium heat. Add the sesame seeds and toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. SAUCY STIR-FRY Return the pan to low-medium heat with a drizzle of oil. When hot, add the grated ginger, the grated garlic, and the spring onion whites. Fry until fragrant, 1-2 minutes (shifting constantly). Add the Asian dressing and the hoisin sauce. Simmer until sticky and glossy, 1-2 minutes. Add the cooked ostrich, the cooked baby marrow, the chopped peppers, and the cooked quinoa. Season and toss until coated.

5. LOOKING GOOD! Bowl up the delicious ostrich and quinoa stir-fry. Sprinkle over the toasted sesame seeds, the spring onion greens, and the picked coriander. Time to dine, Chef!

Nutritional Information

Per 100g

Energy	621kJ
Energy	148kcal
Protein	10.4g
Carbs	20g
of which sugars	5.8g
Fibre	1.8g
Fat	3.1g
of which saturated	0.6g
Sodium	337mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within
4 Days