



UCOOK

Ostrich & Green Bean Bowl

with a Pad Thai sauce, sliced cabbage & chilli flakes

A noodle-free stir-fry loaded with cabbage, carrot, onion, green beans, and flavourful ostrich mince. It is doused in a tasty Pad Thai sauce and sprinkled with chopped peanuts and chilli flakes. This dish has it all: flavour, crunch, and spice!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

 Carb Conscious

 Domaine Des Dieux | Josephine Pinot Noir 2015

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Ingredients & Prep

90ml	Pad Thai Base <i>(60ml Tamari Sauce & 30ml Fish Sauce)</i>
90ml	Peanut Butter
2	Garlic Cloves <i>peel & grate</i>
15ml	Dried Chilli Flakes
45ml	Lime Juice
450g	Free-range Ostrich Mince
2	Onions <i>peel & cut 1½ into thick slices</i>
240g	Green Beans <i>rinse, trim & slice into thirds</i>
300g	Cabbage <i>rinse & thinly slice</i>
240g	Carrot <i>rinse, trim, peel & grate ¾</i>
30g	Peanuts <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. PAD THAI SAUCE In a bowl, combine the Pad Thai base, the peanut butter, the grated garlic (to taste), ½ the chilli flakes (to taste), the lime juice (to taste), 30ml of sweetener, and 90ml of water. Set aside.

2. BROWN THE MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Remove from the pan and season.

3. ALL TOGETHER NOW! Return the pan to medium-high heat with a drizzle of oil. When hot, fry the onion slices until soft, 4-5 minutes (shifting occasionally). Add the sliced green beans and fry until slightly softened, 3-4 minutes (shifting occasionally). Add the sliced cabbage and the grated carrot, and fry until slightly softened but still crunchy, 3-4 minutes (shifting occasionally). Add the browned mince and the Pad Thai sauce, and toss until fully combined. Leave to simmer until slightly reduced, 1-2 minutes (shifting occasionally). Loosen with a splash of water if the sauce reduces too quickly. Remove from the heat and season.

4. NO TO NOODLES, YES TO YUM! Plate up the noodle-less stir-fry. Sprinkle over the chopped peanuts and the remaining chilli flakes (to taste). Dive in!

Nutritional Information

Per 100g

Energy	459kJ
Energy	110kcal
Protein	7.9g
Carbs	6g
of which sugars	2.8g
Fibre	2g
Fat	5.5g
of which saturated	1.2g
Sodium	407mg

Allergens

Allium, Peanuts, Fish, Soy, Shellfish

Cook
within
4 Days