



UCCOOK

Hearty Ostrich Dumplings

with a miso-coconut milk broth

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Creation Wines | Creation Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	471kJ	2815kJ
Energy	113kcal	673kcal
Protein	6.8g	40.6g
Carbs	9g	51g
of which sugars	2.5g	15.1g
Fibre	1.3g	7.5g
Fat	5.5g	33.1g
of which saturated	2.6g	15.2g
Sodium	354mg	2114mg

Allergens: Sulphites, Egg, Gluten, Sesame, Wheat, Alcohol, Soya, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Ostrich Mince
30ml	60ml	Sesame-soy Sauce <i>(15ml [30ml] Low Sodium Soy Sauce, 10ml [20ml] Mirin & 5ml [10ml] Sesame Oil)</i>
100g	200g	Pak Choi
5	10	Wonton Wrappers
1	2	Vegetable Stock Sachet/s
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
1	2	Garlic Clove/s <i>peel & grate</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
15ml	30ml	Miso Paste
100ml	200ml	Coconut Milk
120g	240g	Carrot <i>peel & cut into matchsticks</i>
5ml	10ml	Togarashi Spice

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water

1. MMMINCE Boil the kettle. To a bowl, add the mince, ½ the sesame-soy sauce and some seasoning. Mix well. Trim the pak choi at the base, separate the leaves and rinse thoroughly.

2. WONTON WRAPPERS Gently separate one wonton wrapper and place it on a dry surface so it sits like a diamond. Have a small bowl of room-temperature water nearby. Place a spoonful of the mince filling in the centre of the wrapper. Dip your finger in the water and lightly wet the edges of the wrapper. Bring the two opposite corners up to meet in the middle, keeping the wrapper above the filling. Do the same with the remaining two corners, so all four corners are together at the top. Gently pinch the tips together to seal. Run your finger down each seam from the top to each corner, pressing and sealing the edges as you go. Set aside and repeat with the remaining wrappers.

3. BEAUTIFUL BROTH Place a deep pan over low to medium heat with a drizzle of oil. Dilute the stock with 100ml [200ml] of warm water. When the pan is hot, fry any remaining mince filling, shifting as it colours, 1-2 minutes. Add the spring onion whites, the garlic, the ginger and the miso paste until fragrant, 1-2 minutes (shifting constantly). Add the coconut milk, the diluted stock and the remaining sesame-soy sauce. Simmer for 2-3 minutes.

4. FOR SOME COLOUR To the broth, add the pak choi and carrot. Place a lid on and simmer until the veg is cooked through but still crunchy, 4-5 minutes. Remove from the heat, season and set aside.

5. READY. SET. STEAM. Place another pan (with a lid) over medium heat with a drizzle of oil. When hot, fry the wontons until a crisp layer forms on the bottom, 1-2 minutes. Add ¼ cup of water to the pan, place the lid on and let the wrappers steam until cooked through, 2-3 minutes. Remove from the heat.

6. JAPANESE CUISINE Bowl up the hearty broth, topped with the wontons. Sprinkle over the togarashi spice and the spring onion greens. Wow, Chef, what a dinner!