



# 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!

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes


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**Serves:** 4 People


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**Chef:** Megan Bure

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 Carb Conscious

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 Domaine Des Dieux | Josephine Pinot Noir 2015

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## Ingredients & Prep

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120ml	Pad Thai Base <i>(80ml Tamari Sauce &amp; 40ml Fish Sauce)</i>
125ml	Peanut Butter
2	Garlic Cloves <i>peel &amp; grate</i>
20ml	Dried Chilli Flakes
60ml	Lime Juice
600g	Free-range Ostrich Mince
2	Onions <i>peel &amp; cut into thick slices</i>
320g	Green Beans <i>rinse, trim &amp; slice into thirds</i>
400g	Cabbage <i>rinse &amp; thinly slice</i>
240g	Carrot <i>rinse, trim, peel &amp; grate</i>
40g	Peanuts <i>roughly chop</i>

## From Your Kitchen

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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), 40ml of sweetener, and 120ml 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, 5-6 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

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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

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## Allergens

Allium, Peanuts, Fish, Soy, Shellfish

Cook  
within  
4 Days