



UCOOK

Kung Pao Ostrich

with fluffy rice & toasted peanuts

Created during the Qing Dynasty, the modern version of this dish is now so popular, it has even been savoured by astronauts in space! Our UCOOK version replaces chicken with ostrich, which tops fluffy rice together with a very special kung pao sauce that packs a punch. Enjoyed with pak choi, toasted peanuts, and piquanté peppers.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Kate Gomba

Fan Faves

Muratie Wine Estate | Muratie Martin Melck
Cabernet Sauvignon 2019

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Ingredients & Prep

400ml	Jasmine Rice <i>rinse</i>
60g	Peanuts <i>roughly chop</i>
600g	Free-range Ostrich Strips
80ml	Cornflour
2	Onions <i>peel & roughly slice</i>
600g	Pak Choi <i>trim at the base, rinse thoroughly, separate leaves & roughly shred</i>
2	Bell Peppers <i>rinse, deseed & cut into strips</i>
200ml	Kung Pao Sauce <i>(60ml Tomato Sauce, 20ml Gochujang, 20ml Honey, 40ml Mirin, 60ml Low Sodium Soy Sauce)</i>
80g	Piquanté Peppers <i>drain</i>

From Your Kitchen

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

1. RICE Place the rinsed rice in a pot with 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 set aside to steam, 8-10 minutes. Fluff with a fork and cover.

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

3. STRIPS Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and coat with the cornflour. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season. You may need to do this step in batches.

4. KUNG PAO Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onions, the pak choi stems and the pepper strips until lightly golden, 6-7 minutes. Mix in the kung pao sauce and 400ml of water. Simmer until slightly thickening, 5-6 minutes. In the final minute, mix in the browned strips, and the shredded pak choi leaves. Remove from the heat and season.

5. TIME TO EAT Dish up the rice and top with the saucy ostrich. Scatter over the drained piquanté peppers and the toasted nuts. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	438kJ
Energy	105kcal
Protein	5.4g
Carbs	15g
of which sugars	3.6g
Fibre	1.3g
Fat	2.5g
of which saturated	0.5g
Sodium	139mg

Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy

Eat
Within
4 Days