



# UCOOK

## Hoisin Ostrich Stir-fry

with pak choi, pickled ginger & cabbage

Quick, easy and totally scrumptious! Vibrant veggies, noodles, and flavourful ostrich mince are dressed in a hoisin sauce and finished off with zingy lime juice.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Quick & Easy

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 Paserene | Dark Shiraz

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## Ingredients & Prep

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10g	Cashew Nuts <i>roughly chopped</i>
1 cake	Egg Noodles
1	Onion
100g	Cabbage
40g	Pickled Bell Peppers
150g	Free-range Ostrich Mince
5ml	Chinese 5-spice
50ml	Hoisin Sauce
1	Lime <i>cut into wedges</i>
10g	Pickled Ginger <i>drained</i>
4g	Fresh Coriander <i>rinsed &amp; picked</i>

## From Your Kitchen

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

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

**2. EGGY NOODLES** Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

**3. FEELING PREPPY** Peel and roughly slice ½ the onion. Thinly slice the cabbage. Drain the pickled peppers.

**4. STIR & FRY** Return the pan to medium-high heat with a drizzle of oil. When hot, add the sliced onion and fry until soft, 3-4 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the Chinese 5-spice (to taste) and fry until fragrant, 1-2 minutes (shifting constantly).

**5. MAKE IT SAUCY** When the Chinese 5-spice is fragrant, add the drained pickled pepper, the sliced cabbage, the cooked noodles, and the hoisin sauce to the pan. Fry until warmed through and coated in the sauce, 1-2 minutes. Remove from the heat, squeeze over some lime juice, and season (if necessary).

**6. THAT'S IT!** Plate up the stir-fry. Sprinkle over the drained pickled ginger, the picked coriander, and the toasted cashews. Serve with a lime wedge.

## Nutritional Information

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Per 100g

Energy	618kJ
Energy	147kcal
Protein	8.1g
Carbs	18g
of which sugars	8.2g
Fibre	1.3g
Fat	4.2g
of which saturated	1.1g
Sodium	455mg

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## Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Tree Nuts, Soy

Cook  
within  
4 Days