

Eat Within 4 Days

# Spicy Ostrich & Egg Noodles

**with bell pepper & tangy Asian sauce**

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Suné van Zyl

**Wine Pairing:** Zevenwacht | Estate Merlot

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 450kJ | 3149kJ |
| Energy | 108kcal | 753kcal |
| Protein | 6.2g | 43.6g |
| Carbs | 13g | 94g |
| of which sugars | 3g | 20.9g |
| Fibre | 1.1g | 7.5g |
| Fat | 2.9g | 20.6g |
| of which saturated | 0.7g | 4.9g |
| Sodium | 198mg | 1387mg |

**Allergens:** Sulphites, Shellfish, Egg, Gluten, Sesame, Wheat, Soya, Allium

**Spice Level:** Hot

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|---|---|---|
| 3 cakes | 4 cakes | Egg Noodles |
| 450g | 600g | Free-range Ostrich Strips |
| 90ml | 120ml | Spicy Flour *(75ml [100ml] Cornflour & 15ml [20ml] Dried Chilli Flakes)* |
| 2 | 2 | Onions *peel & roughly slice* |
| 2 | 2 | Bell Peppers *rinse, deseed & cut into strips* |
| 2 | 2 | Garlic Cloves *peel & grate* |
| 60ml | 80ml | Tomato Sauce |
| 135ml | 180ml | Tangy Asian Sauce *(60ml [80ml] Rice Wine Vinegar, 60ml [80ml] Oyster Sauce & 15ml [20ml] Sesame Oil)* |

## From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

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

2. CRISPY OSTRICH Place a pan over high heat with enough oil to cover the base. Pat the ostrich dry with paper towel, coat in the spicy flour, and season. When hot, fry the ostrich until browned and crispy, 30-60 seconds (shifting occasionally). Remove from the pan and drain on paper towel. You may need to do this step in batches.

3. SAUCY VEGGIES Return the pan to medium heat with a drizzle of oil. Fry the onions and the pepper until lightly charred but still crunchy, 4-5 minutes. Add the garlic and the tomato sauce, and fry until fragrant, 1-2 minutes. Pour in 150ml [200ml] of water and simmer until thickening, 1-2 minutes. Mix in the noodles, the crispy ostrich, and the tangy Asian sauce. Remove from the heat and season.

4. DINNER IS READY Plate up the loaded noodles and enjoy, Chef!