



UCCOOK

Easy Sweet Chilli Ostrich Stir-fry

with egg noodles & fresh coriander

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Deetlefs Wine Estate | Deetlefs Estate Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	482kJ	3185kJ
Energy	115kcal	761kcal
Protein	6.7g	44.4g
Carbs	47g	313g
of which sugars	6g	39.9g
Fibre	1.4g	9.5g
Fat	2.5g	16.4g
of which saturated	0.6g	4.2g
Sodium	283mg	1872mg

Allergens: Soya, Egg, Gluten, Allium, Wheat

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1 cake	2 cakes	Egg Noodles
150g	300g	Free-range Ostrich Chunks
1	1	Onion <i>peel & roughly dice ½ [1]</i>
100g	100g	Cabbage <i>rinse & thinly slice</i>
120g	240g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
75ml	150ml	Sweet Sauce <i>(50ml [100ml] Thai Sweet Chilli Sauce & 25ml [50ml] Low Sodium Soy Sauce)</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

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. OSTRICH CHUNKS Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and cut into bite-sized pieces. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). Remove from the pan. Season and set aside.

3. STIR-FRY VEGGIES Return the pan to medium-high heat with a drizzle of oil. When hot, fry the onion, the cabbage, and the carrot until softened, 2-3 minutes (shifting occasionally). Add the sweet sauce, the browned ostrich, and the cooked noodles. Fry until heated through, 1-2 minutes (shifting constantly). Remove from the heat and season.

4. LET'S EAT Dish up the hearty ostrich stir-fry. Garnish with the coriander. There you have it - a one-pan wonder!

Chef's Tip

We suggest using a wok for this recipe if you have one. The best thing about a wok is that it distributes heat more evenly. It also ensures that food tossed during stir-frying lands back in the pan!