



UCOOK

Easy Sweet Chilli Ostrich Stir-fry

with egg noodles & fresh coriander

A delish stir-fry featuring browned ostrich chunks, crunchy cabbage, a sweet chilli sauce & al dente egg noodles. Now the only thing left to do is enjoy your dinner!

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Morgan Otten

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Ingredients & Prep

4 cakes	Egg Noodles
600g	Ostrich Chunks
2	Onions <i>peeled & roughly sliced</i>
400g	Cabbage <i>thinly sliced</i>
480g	Carrot <i>rinsed, trimmed & cut into thin strips</i>
160ml	Sweet Chilli Sauce
15g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. OODLES OF 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.

2. GET A WOK-OUT Pat the ostrich chunks dry with paper towel and lightly season. Place a pan or wok over high heat with a drizzle of oil. When hot, sear the ostrich until browned, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. STIR THINGS UP Return the pan or wok to a medium-high heat with a drizzle of oil. When hot, add the sliced onion, the sliced cabbage, and the carrot strips. Fry until softened, 2-3 minutes (shifting occasionally). Add the sweet chilli 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 chopped 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!

Nutritional Information

Per 100g

Energy	452kj
Energy	108kcal
Protein	7.7g
Carbs	44g
of which sugars	5.8g
Fibre	1.4g
Fat	1.4g
of which saturated	0.4g
Sodium	148mg

Allergens

Egg, Gluten, Allium, Wheat

Cook
within
4 Days