

Eat Within 4 Days

Spicy Ostrich & Egg Noodles

with bell pepper & tangy Asian sauce

Hands-on Time: 35 minutes

Overall Time: 50 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!