



UCOOK

Vilafonté's No Noodle Ostrich Stir-fry

with green beans

We all know that local is lekker, but local is very lekker when you combine a uniquely South African meat with Asian flavours. Juicy ostrich slices adorn a base of peanutty Pad Thai-coated green beans, carrots & cabbage. Finished with chilli flakes & crunchy peanuts for extra punch.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Vilafonté Winery

Carb Conscious



Vilafonté | Seriously Old Dirt 2021

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Ingredients & Prep

60ml	Pad Thai Base <i>(40ml Low Sodium Soy Sauce & 20ml Fish Sauce)</i>
60ml	Peanut Butter
1	Garlic Clove <i>peel & grate</i>
10ml	Dried Chilli Flakes
30ml	Lemon Juice
1	Onion <i>peel & roughly slice</i>
160g	Green Beans <i>rinse, trim & slice into thirds</i>
200g	Cabbage <i>finely slice</i>
120g	Carrot <i>trim, peel & grate</i>
300g	Free-range Ostrich Fillet
20g	Peanuts <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. PAD THAI SAUCE In a bowl, combine the Pad Thai base, the peanut butter, the grated garlic (to taste), ½ the chilli flakes (to taste), the lemon juice (to taste), 20ml of sweetener (to taste), and 100ml of water. Set aside.

2. ALL TOGETHER NOW! Place a pan or wok over medium-high heat with a drizzle of oil. When hot, fry the onion slices until soft, 3-4 minutes (shifting occasionally). Add the sliced green beans and fry until slightly softened, 2-3 minutes (shifting occasionally). Add the sliced cabbage and the grated carrot. Fry until slightly softened but still crunchy, 2-3 minutes (shifting occasionally). Pour in the Pad Thai sauce. Loosen with a splash of water if too thick. Remove from the heat and season.

3. OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. NO TO NOODLES, YES TO YUM! Plate up the noodle-less stir-fry and top with the ostrich slices. Sprinkle over the chopped peanuts and the remaining chilli flakes (to taste). Dive in!

Nutritional Information

Per 100g

Energy	861kJ
Energy	206kcal
Protein	12.6g
Carbs	8g
of which sugars	3.5g
Fibre	3.6g
Fat	12.8g
of which saturated	2.1g
Sodium	309mg

Allergens

Gluten, Allium, Peanuts, Wheat, Fish,
Soy, Cow's Milk, Shellfish

Eat
Within
4 Days