



UCCOOK

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: 20 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Morgan Otten

 ***NEW Simple & Save**

 **Alvi's Drift | 221 Pinotage**

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Ingredients & Prep

| | |
|---------|---|
| 2 cakes | Egg Noodles |
| 300g | Ostrich Chunks |
| 1 | Onion <i>peeled & roughly sliced</i> |
| 200g | Cabbage <i>thinly sliced</i> |
| 240g | Carrot <i>rinsed, trimmed & cut into thin strips</i> |
| 80ml | Sweet Chilli Sauce |
| 8g | 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, 2-3 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