



UCOOK

Swift Sweet Chilli Stir Fry

with charred broccoli and carrot, ostrich strips & rice noodles


A classic stir fry with more oomph and less effort! Tender ostrich strips coated in sweet chilli and tamari sauce, with silky noodles and warm, crunchy veg. Scattered with coriander, spring onion, pickled ginger, and cucumber to keep things fresh.


Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Fatima Ellemdeen

 Easy Peasy

 Steenberg Vineyards | Stately Cabernet Sauvignon/Shiraz

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Ingredients & Prep

20ml	White Sesame Seeds
600g	Broccoli Florets <i>cut into bite-sized pieces</i>
480g	Carrot <i>rinsed, trimmed & julienned/grated</i>
200g	Flat Rice Noodles
600g	Free-range Ostrich Stroganoff
80ml	Tamari
160ml	Ong's Sweet Chilli Sauce
60g	Pickled Ginger <i>drained & roughly chopped</i>
200g	Cucumber <i>roughly diced</i>
4	Spring Onions <i>roughly sliced</i>
10g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. GET THE SEEDS GOLDEN! Place a large pan or wok (that has a lid) over a medium heat. When hot, toast the sesame seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

2. CHAR THE VEGGIES Boil the kettle for step 3. Return the pan or wok to a medium-high heat with a drizzle of oil. When hot, fry the broccoli pieces and julienne carrot for 5-6 minutes until lightly charred, shifting occasionally. Add a splash of water, cover with the lid, and allow to steam for 2-3 minutes until cooked al dente. On completion, drain any remaining water from the pan and transfer the veg to a bowl. Season to taste and set aside.

3. CRYSTAL CLEAR NOODLES Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Cover with a plate and set aside to soak for 6-8 minutes until cooked through and glassy. Drain on completion and toss through some oil to prevent sticking. Replace the plate and set aside to keep warm until serving.

4. STIR FRY TIME While the noodles are soaking, return the pan or wok to a high heat with another drizzle of oil. When hot, fry the ostrich for 1-2 minutes until browned but not cooked through, shifting occasionally. You may need to do this step in batches to avoid overcrowding the pan. Add in the tamari, 4 tbsp of water, and the sweet chilli sauce to taste. Toss until coated. Stir through the broccoli and carrot, and cook for 2-3 minutes until reheated, shifting frequently. Remove from the heat on completion.

5. BOWL UP Dish up a pile of silky noodles and top with the sweet chilli stir fry. Scatter over the chopped, pickled ginger, diced cucumber, and sliced spring onion. Finish with sprinklings of toasted sesame seeds and chopped coriander. Now, how easy was that?



Chef's Tip

If you have a mandolin, use it to slice your carrots before julienning them. They're hard vegetables and take a good amount of time and effort to chop, so make prepping them easier!

Nutritional Information

Per 100g

Energy	419kj
Energy	100Kcal
Protein	7.5g
Carbs	15g
of which sugars	4.8g
Fibre	1.8g
Fat	1.5g
of which saturated	0.5g
Sodium	351mg

Allergens

Allium, Sesame, Sulphites, Soy

Cook
within
4 Days