



UCCOOK

Thai Ostrich Noodles

with fresh basil & pickled onions

A simple yet divine dinner awaits you! Caramelised ostrich mince tossed with ginger, garlic and a Thai dressing. Swirled with mung bean noodles, cabbage and carrot, topped with peanuts and fresh basil. Tuck in!


Hands-On Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Thea Richter

♥ Health Nut

 Anthonij Rupert | Cape of Good Hope
Riebeeksrivier Syrah

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Ingredients & Prep

3g	Fresh Basil <i>rinsed</i>
15ml	Red Wine Vinegar
1	Onion <i>½ peeled & finely sliced</i>
50g	Rice Vermicelli Noodles
150g	Free-range Ostrich Mince
15g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
60ml	Thai Dressing <i>(15ml Lime Juice, 15ml Honey & 30ml Low Sodium Soy Sauce)</i>
1/4 head	Red Cabbage <i>½ thinly sliced</i>
120g	Carrot <i>½ grated</i>
5g	Fresh Coriander <i>rinsed & finely chopped</i>
15g	Roasted Peanuts <i>roughly chopped</i>

From Your Kitchen

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

1. PICKLING TIME Pick the leaves from the rinsed basil. Discard the stems and roughly tear the leaves. In a bowl, place the red wine vinegar, 15ml of water and 10ml of a sweetener of choice. Mix until the sweetener is fully dissolved. Add in the sliced onion, some seasoning and set aside to pickle.

2. OODLES OF NOODLES Boil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 6-8 minutes until cooked and glassy. Drain on completion and toss through some oil to prevent sticking.

3. GET COOKIN' Place a pan or wok over a medium-high heat with a drizzle of oil. Add in the mince and work quickly to break it up as it starts to cook. Allow for the meat to caramelise for 6-7 minutes until browned and cooked through, stirring occasionally. In the final 1-2 minutes, add the grated ginger and garlic, and fry until fragrant.

4. ALL TOGETHER NOW Add the cooked noodles, the Thai dressing, ½ the torn basil leaves, a splash of the pickling liquid and the shredded cabbage and carrot to the pan with the mince. Mix for 1-2 minutes until fully combined and warmed through. Season to taste.

5. WOW! Plate up a generous helping of the Thai noodles. Top with the pickled onion (to taste), remaining basil, the chopped coriander, and sprinkle over the peanuts. Simple, stunning and scrumptious!



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	604kj
Energy	144Kcal
Protein	8.2g
Carbs	17g
of which sugars	5.4g
Fibre	1.2g
Fat	4.3g
of which saturated	0.9g
Sodium	254mg

Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Soy

Cook
within 3
Days