



UCOOK

Crispy Ostrich & Egg Noodles

with bell pepper & an oriental sauce

It's the age-old question: What are we having for dinner tonight? Not today, Chef, not today! Because the delicious answer lies in this mouthwatering UCOOK mealkit. Al dente egg noodles are coated in an umami-rich oriental sauce and loaded with charred onions & peppers, crispy ostrich strips, and a tang of fragrant tomato paste.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Suné van Zyl

 Simple & Save

 Cathedral Cellar Wines | Cathedral Cellar-
Cabernet Sauvignon 2021

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Ingredients & Prep

3 cakes	Egg Noodles
450g	Ostrich Strips
105ml	Spicy Flour <i>(90ml Cornflour & 15ml Dried Chilli Flakes)</i>
2	Onions <i>peel & roughly slice</i>
2	Bell Peppers <i>rinse, deseed & cut into strips</i>
2	Garlic Cloves <i>peel & grate</i>
60ml	Tomato Paste
150ml	Oriental Sauce <i>(60ml Rice Wine Vinegar & 90ml Oyster Sauce)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
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, 1-2 minutes (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. When hot, fry the sliced onions and the pepper strips until lightly charred but still crunchy, 4-5 minutes. Add the grated garlic and the tomato paste, and fry until fragrant, 1-2 minutes. Pour in 150ml of water and simmer until thickening, 3-4 minutes. Mix in the cooked noodles, the crispy ostrich, and the oriental sauce. Remove from the heat and season.

4. DINNER IS READY Plate up the loaded noodles and enjoy, Chef!

Nutritional Information

Per 100g

Energy	456kj
Energy	109kcal
Protein	6.7g
Carbs	14g
of which sugars	2.5g
Fibre	1.1g
Fat	2.5g
of which saturated	0.7g
Sodium	291mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Soy, Shellfish

Cook
within
4 Days