



UCCOOK

Fragrant Ostrich Meatball Salad

with mung bean noodles & sweet chilli dressing

A salad with an Asian twist using an authentic South African meat. Mung bean noodles are tossed with pickled carrot & cucumber matchsticks to form the dish's foundation. This is crowned with a few delicious ostrich & garlic flavourbombs, browned to perfection. Coated in a sweet chilli dressing and toasted black sesame seeds.


Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kate Gomba

 Simple & Save

 Waterkloof | Peacock Syrah

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Ingredients & Prep

60ml	Rice Wine Vinegar
240g	Carrot <i>¾ rinsed, trimmed, peeled & grated</i>
300g	Cucumber <i>rinsed & cut into thin matchsticks</i>
15ml	Black Sesame Seeds
150g	Mung Bean Vermicelli Noodles
450g	Free-range Ostrich Mince
2	Garlic Cloves <i>peeled & grated</i>
150ml	Thai Sweet Chilli Sauce

From Your Kitchen

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

1. PICKLING MOMENT In a bowl, combine the vinegar, 3 tbsp of water, 3 tsps of sweetener, and seasoning. Add the grated carrot and the cucumber matchsticks. Toss to combine and set aside.

2. TOAST Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. NOODLES Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 6-8 minutes. Drain and rinse in cold water.

4. MEATBALL PREP In a bowl, combine the mince, the grated garlic, and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside.

5. JUST BEFORE SERVING Drain the pickling liquid from the carrot & cucumber. In a small bowl, combine the sweet chilli sauce with the pickling liquid (to taste). In a salad bowl, toss together the cooked noodles, the pickled carrot & cucumber, and a drizzle of olive oil.

6. FRY THE MEATBALLS Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 4-5 minutes (shifting occasionally). In the final 1 minute, baste the meatballs with ½ the sweet chilli dressing. Remove from the pan.

7. DINNER IS READY Make a bed of the loaded noodles, top with the fragrant meatballs, and drizzle over the remaining sweet chilli dressing. Garnish with the toasted sesame seeds.

Nutritional Information

Per 100g

Energy	510kJ
Energy	122kcal
Protein	6.7g
Carbs	57g
of which sugars	6g
Fibre	1.1g
Fat	3g
of which saturated	0.7g
Sodium	176mg

Allergens

Allium, Sesame, Sulphites

Cook
within
4 Days