

# QCOOK

## Ostrich Dan Dan Noodles

with cabbage, carrot & peanut butter

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Alex Levett

**Wine Pairing:** Niñída | Merlot

### Nutritional Info

	Per 100g	Per Portion
Energy	639kJ	3227kJ
Energy	153kcal	772kcal
Protein	9.5g	47.9g
Carbs	16g	79g
of which sugars	4.1g	20.9g
Fibre	1.7g	8.8g
Fat	5.4g	27.3g
of which saturated	1.2g	6.3g
Sodium	97mg	719mg

**Allergens:** Sulphites, Egg, Peanuts, Gluten, Sesame, Wheat, Soya, Allium

**Spice Level:** Mild

Eat Within 4 Days



## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
120ml	160ml	Soy Sauce Mix <i>(30ml [40ml] Sugar, 45ml [60ml] Vinegar &amp; 45ml [60ml] Soy Sauce)</i>
45ml	60ml	Peanut Butter
2	2	Garlic Cloves <i>peel &amp; grate</i>
45ml	60ml	Sesame & Chilli Mix <i>(40ml White Sesame Seeds &amp; 20ml Dried Chilli Flakes)</i>
180g	240g	Egg Noodles
450g	600g	Free-range Ostrich Chunks
300g	400g	Cabbage <i>finely shred</i>
360g	480g	Carrot <i>rinse, trim, peel &amp; grate</i>
8g	10g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel

- 1. PEANUT SAUCE** Whisk the soy sauce mix and the peanut butter in a bowl. Add the garlic and the sesame and chilli flakes (to taste). Mix until emulsified.
- 2. BUBBLE IT UP** Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain, reserving 3 [4] tbsp of the cooking water, and rinse in cold water. Mix the reserved cooking water into the peanut sauce until silky.
- 3. WHILE THE NOODLES ARE COOKING...** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned but not cooked through, 2-3 minutes (shifting occasionally). Toss through the cabbage and the carrot until heated but still crunchy, 3-4 minutes (shifting occasionally). Toss through the peanut sauce until coated. Season and remove from the heat.
- 4. NO NEED TO HIT THE STREETS** Make a bed of scrumptious egg noodles, top with the silky ostrich stir-fry, and garnish with the coriander. Simply delicious!