



# UCOOK

## 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!

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**Hands-On Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 3 People


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**Chef:** Thea Richter

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♥ Health Nut

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 Anthonij Rupert | Cape of Good Hope  
Riebeeksrivier Syrah

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## Ingredients & Prep

8g	Fresh Basil <i>rinsed</i>
45ml	Red Wine Vinegar
2	Onions <i>1½ peeled &amp; finely sliced</i>
150g	Rice Vermicelli Noodles
450g	Free-range Ostrich Mince
45g	Fresh Ginger <i>peeled &amp; grated</i>
3	Garlic Cloves <i>peeled &amp; grated</i>
150ml	Thai Dressing <i>(45ml Lime Juice, 45ml Honey &amp; 60ml Low Sodium Soy Sauce)</i>
1/2 head	Red Cabbage <i>¾ thinly sliced</i>
240g	Carrot <i>¾ grated</i>
10g	Fresh Coriander <i>rinsed &amp; finely chopped</i>
45g	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, 45ml of water and 30ml 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 8-10 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