



UCCOOK

Ostrich Dan Dan Noodles

with cabbage, carrot & peanut butter

Bursting with flavour and easy to make, this Chinese street food dish is a quick classic. Seared ostrich strips, crunchy cabbage slaw and scrumptious egg noodles swim in a thick, tangy amalgamation of peanut butter, black vinegar and soy sauce. You'll be slurping up every last drop!

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Alex Levett

 ***NEW Simple & Save**

 **Waterkloof | Peacock Syrah**

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Ingredients & Prep

10ml	Brown Sugar
30ml	Soy Sauce Mix <i>(15ml Black Vinegar & 15ml Low Sodium Soy Sauce)</i>
15ml	Peanut Butter
1	Garlic Clove <i>peeled & grated</i>
15ml	Sesame & Chilli Mix <i>(10ml White Sesame Seeds & 5ml Dried Chilli Flakes)</i>
1 cake	Egg Noodles
150g	Ostrich Strips
100g	Cabbage <i>thinly sliced</i>
120g	Carrot <i>½ grated</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. PEANUT SAUCE Whisk the brown sugar and soy sauce mix in a bowl, until the sugar has dissolved. Add the peanut butter, the grated garlic, and the sesame & chilli mix (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 1 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 a medium-high heat with a drizzle of oil. Pat the ostrich strips dry with paper towel. When hot, sear the ostrich until browned but not cooked through, 1-2 minutes (shifting occasionally). Toss through the sliced cabbage and the grated carrot until heated but still crunchy, 1-2 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 and top with the silky ostrich stir-fry. Simply delicious!

Nutritional Information

Per 100g

Energy	574kJ
Energy	137kcal
Protein	9.8g
Carbs	16g
of which sugars	4.7g
Fibre	1.7g
Fat	3.6g
of which saturated	0.9g
Sodium	176mg

Allergens

Egg, Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Soy

Cook
within
4 Days