



UCOOK

Ostrich & Pan-fried Noodles

with a marinated cucumber salad

We're in a romantic mood today, so get ready to marry the umami flavours of Asia with the earthy flavours of Africa. On a bed of loaded egg noodles, laced with garlicky cabbage and sticky teriyaki sauce, lies succulent ostrich steak slices. Sided with lightly pickled cucumber pieces in soy & sesame oil flavours.


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Kate Gomba

 Quick & Easy

 Waterford Estate | Waterford Pecan Stream
Pebble Hill 2021

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Ingredients & Prep

3 cakes	Egg Noodles
90ml	Dressing <i>(45ml Rice Wine Vinegar, 15ml Sesame Oil & 30ml Low Sodium Soy Sauce)</i>
15ml	Dried Chilli Flakes
300g	Cucumber <i>cut into bite-sized pieces</i>
2	Onions
2	Garlic Cloves
300g	Cabbage
480g	Free-range Ostrich Steak
45ml	Teriyaki Sauce
15ml	Black Sesame Seeds

From Your Kitchen

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

1. OODLES OF NOODLES Boil the kettle. Fill a pot for the noodles with boiling water, add a pinch of salt, and place over high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain and toss through some oil to prevent sticking.

2. DRESSED FOR DINNER In a bowl, combine the dressing with 3 tbsp of a sweetener of choice, and ½ the chilli flakes (to taste). Add the cucumber pieces and toss until coated. Set aside to marinate.

3. PREP STEP Peel and cut 1½ of the onions into wedges. Peel and grate the garlic. Finely slice the cabbage. Pat the steak dry with paper towel and season.

4. SSSIZZLING STEAK Place a large pan over high heat with a drizzle of oil. When hot, add the steak and fry for 5-6 minutes in total, shifting and turning as it colours, or until browned and cooked to your preference. Remove from the pan and set aside to rest for 4-5 minutes before slicing and seasoning.

5. APPETIZING AROMAS Return the pan to a medium-high heat with a drizzle of oil. When hot, add the onion wedges. Fry for 5-6 minutes until soft, shifting occasionally. Add the sliced cabbage and fry for 3-4 minutes until starting to soften, shifting occasionally. Add the grated garlic and fry for 1-2 minutes until fragrant, shifting constantly. Remove from the heat and add the cooked noodles, and the teriyaki sauce. Mix until combined. Season to taste.

6. WELL DONE, CHEF! Make a bed of the stir-fried noodles. Top with the steak slices. Side with the cucumber salad. Sprinkle over the remaining chilli flakes (to taste) and the sesame seeds.

Nutritional Information

Per 100g

Energy	444kJ
Energy	106kcal
Protein	8.5g
Carbs	11g
of which sugars	2.2g
Fibre	0.9g
Fat	2.6g
of which saturated	0.6g
Sodium	215mg

Allergens

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

Cook
within
4 Days