



UCOOK

Easy Sweet Chilli Ostrich Stir-fry

with egg noodles & fresh coriander

A delish stir-fry featuring browned ostrich goulash, crunchy cabbage, sweet chilli sauce & al dente egg noodles. Now the only thing left to do with this one-pan wonder is enjoy your dinner!


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Morgan Otten

Simple & Save

 Deetlefs Wine Estate | Deetlefs Stonecross Shiraz

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1 cake	Egg Noodles
150g	Ostrich Chunks
1	Onion <i>peel & roughly slice ½</i>
100g	Cabbage <i>rinse & thinly slice</i>
120g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
50ml	Sweet Chilli Sauce
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. EGG NOODLES Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

2. OSTRICH CHUNKS 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, 2-3 minutes (shifting occasionally). Remove from the pan. Season and set aside.

3. STIR-FRY VEGGIES Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onion, the sliced cabbage, and the carrot matchsticks until softened, 2-3 minutes (shifting occasionally). Add the sweet chilli sauce, the browned ostrich, and the cooked noodles. Fry until heated through, 1-2 minutes (shifting constantly). Remove from the heat and season.

4. LET'S EAT Dish up the hearty ostrich stir-fry. Garnish with the chopped coriander. There you have it - a one-pan wonder!



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	489kJ
Energy	117kcal
Protein	6.7g
Carbs	47g
of which sugars	6g
Fibre	1.5g
Fat	2.6g
of which saturated	0.7g
Sodium	159mg

Allergens

Egg, Gluten, Allium, Wheat

Eat
Within
4 Days