



Egg Noodles & Ostrich Strips

with edamame beans & cashew nuts

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	752kJ	3250kJ
Energy	180kcal	777kcal
Protein	11.1g	48.2g
Carbs	16g	70g
of which sugars	3.1g	13.2g
Fibre	1.5g	6.6g
Fat	7.2g	31.1g
of which saturated	1.5g	6.6g
Sodium	226mg	978mg

Allergens: Shellfish, Egg, Fish, Gluten, Tree Nuts, Wheat, Soya, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1 cake	2 cakes	Egg Noodles
150g	300g	Free-range Ostrich Strips
100g	200g	Cabbage <i>rinse & roughly slice</i>
1 unit	2 units	UCOOK Asian Sauce
50g	100g	Edamame Beans
1	2	Spring Onion/s <i>rinse, trim & roughly slice</i>
15g	30g	Cashew Nuts

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

- 1. 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 STRIPS** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich strips dry with paper towel. When hot, sear the ostrich until browned, 30-60 seconds (shifting occasionally). Remove from the pan.
- 3. STIR-FRY** Return the pan to medium heat with all the pan juices. When hot, fry the cabbage until slightly wilted, 1-2 minutes. Add the UCOOK Asian sauce, the edamame beans, and a splash of warm water. Mix until combined, 1-2 minutes. Remove from the heat, mix in the cooked noodles, and the ostrich strips.
- 4. PLATE UP** Plate up the loaded stir-fry, sprinkle over the spring onion, and the cashew nuts. Enjoy, Chef!

Chef's Tip Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.