



UCCOOK

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.