

# WCOOK

## Ostrich Dan Dan Noodles

with cabbage, carrot & peanut butter

**Hands-on Time:** 15 minutes

**Overall Time:** 25 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Alex Levett

**Wine Pairing:** Niitída | Merlot

<b>Nutritional Info</b>	Per 100g	Per Portion
Energy	639kJ	3227kJ
Energy	153kcal	772kcal
Protein	9.5g	47.9g
Carbs	16g	79g
of which sugars	4.1g	20.9g
Fibre	1.7g	8.8g
Fat	5.4g	27.3g
of which saturated	1.2g	6.3g
Sodium	97mg	719mg

**Allergens:** Sulphites, Egg, Peanuts, Gluten, Sesame, Wheat, Soya, Allium

**Spice Level:** Mild

Eat Within 4 Days



## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
40ml	80ml	Soy Sauce Mix <i>(10ml [20ml] Sugar, 15ml [30ml] Vinegar &amp; 15ml [30ml] Soy Sauce)</i>
15ml	30ml	Peanut Butter
1	1	Garlic Clove <i>peel &amp; grate</i>
15ml	30ml	Sesame & Chilli Mix <i>(20ml White Sesame Seeds &amp; 10ml Dried Chilli Flakes)</i>
1	1	Egg Noodles
150g	300g	Free-range Ostrich Chunks
100g	200g	Cabbage <i>finely shred</i>
120g	240g	Carrot <i>rinse, trim, peel &amp; grate</i>
3g	5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel

- 1. PEANUT SAUCE** Whisk the soy sauce mix and the peanut butter in a bowl. Add the garlic and the sesame and chilli flakes (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 [2] 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 medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned but not cooked through, 1-2 minutes (shifting occasionally). Toss through the cabbage and the carrot until heated but still crunchy, 2-3 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, top with the silky ostrich stir-fry, and garnish with the coriander. Simply delicious!