



UCOOK

Spicy Ostrich & Egg Noodles

with bell pepper & tangy Asian sauce

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Suné van Zyl

Wine Pairing: Zevenwacht | Estate Merlot

Nutritional Info	Per 100g	Per Portion
Energy	442.2kJ	3095.2kJ
Energy	105.8kcal	740.4kcal
Protein	6.1g	43g
Carbs	13.1g	91.5g
of which sugars	2.8g	19.3g
Fibre	1.1g	7.5g
Fat	2.9g	20.6g
of which saturated	0.7g	4.9g
Sodium	191.3mg	1339.1mg

Allergens: Sulphites, Shellfish, Egg, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	Serves 2	
1 cake	2 cakes	Egg Noodles
150g	300g	Free-range Ostrich Strips
30ml	60ml	Spicy Flour <i>(25ml [50ml] Cornflour & 5ml [10ml] Dried Chilli Flakes)</i>
1	1	Onion <i>peel & roughly slice</i>
1	1	Bell Pepper <i>rinse, deseed & cut into strips</i>
1	1	Garlic Clove <i>peel & grate</i>
20ml	40ml	Tomato Sauce
45ml	90ml	Tangy Asian Sauce <i>(20ml [40ml] Rice Wine Vinegar, 20ml [40ml] Oyster Sauce & 5ml [10ml] Sesame Oil)</i>

- 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. CRISPY OSTRICH** Place a pan over high heat with enough oil to cover the base. Pat the ostrich dry with paper towel, coat in the spicy flour, and season. When hot, fry the ostrich until browned and crispy, 30-60 seconds (shifting occasionally). Remove from the pan and drain on paper towel.
- 3. SAUCY VEGGIES** Return the pan to medium heat with a drizzle of oil. Fry the onion and the pepper until lightly charred but still crunchy, 3-4 minutes. Add the garlic and the tomato sauce, and fry until fragrant, 1-2 minutes. Pour in 50ml [100ml] of water and simmer until thickening, 1-2 minutes. Mix in the noodles, the crispy ostrich, and the tangy Asian sauce. Remove from the heat and season.
- 4. DINNER IS READY** Plate up the loaded noodles and enjoy, Chef!

From Your Kitchen

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