

# **UCOOK**

## Ostrich Dan Dan Noodles

with cabbage, carrot & peanut butter

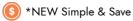
Bursting with flavour and easy to make, this Chinese street food dish is a quick classic. Seared ostrich strips, crunchy cabbage slaw and scrumptious egg noodles swim in a thick, tangy amalgamation of peanut butter, black vinegar and soy sauce. You'll be slurping up every last drop!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

**Serves:** 3 People

Chef: Alex Levett



Waterkloof | Peacock Syrah

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#### Ingredients & Prep

30ml

90ml Soy Sauce Mix (45ml Black Vinegar & 45ml Low Sodium Soy Sauce)

Brown Sugar

45ml Peanut Butter 2 Garlic Cloves

peeled & grated

45ml Sesame & Chilli Mix (30ml White Sesame Seeds & 15ml Dried Chilli Flakes)

3 cakes Egg Noodles 450g Ostrich Strips

Cabbage 300g thinly sliced

240g Carrot 3/4 grated

#### From Your Kitchen

Oil (cooking, olive or coconut) Salt & Pepper

Water

Paper Towel

1. PEANUT SAUCE Whisk the brown sugar and soy sauce mix in a bowl, until the sugar has dissolved. Add the peanut butter, the grated garlic, and the sesame & chilli mix (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 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 a medium-high heat with a drizzle of oil. Pat the ostrich strips dry with paper towel. When hot, sear the ostrich until browned but not cooked through, 2-3 minutes (shifting occasionally). Toss through the sliced cabbage and the grated 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 and top with the silky ostrich stir-fry. Simply delicious!

#### **Nutritional Information**

Per 100g

Energy 574k| 137kcal Energy Protein 9.8a Carbs 16g of which sugars 4.7g Fibre 1.7g Fat 3.6g of which saturated 0.9g Sodium 176mg

### Allergens

Egg, Gluten, Allium, Sesame, Peanuts,

Wheat, Sulphites, Soy

within 4 Days

Cook