



UCOOK

Spicy Ostrich Mince

with **UCOOK Asian sauce & edamame beans**

We all feel a bit time-starved, which is why you won't feel like you're competing with the clock with this quick and easy recipe. An umami-rich UCOOK Asian sauce spiced with sriracha sauce coats browned ostrich mince & egg noodles. Sided with pickled radish & edamame beans.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

Painted Wolf Wines | The Den Shiraz

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Ingredients & Prep

1 cake	Egg Noodles
20ml	Rice Vinegar
20g	Radish <i>rinse & slice into half-moons</i>
100g	Edamame Beans
150g	Free-range Ostrich Mince
1	Spring Onion <i>rinse, trim & roughly slice</i>
1 unit	UCOOK Asian Sauce
15ml	Sriracha Sauce
20g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. PICKLING MOMENT Bring a pot of salted water to a boil for the noodles. In a bowl, combine the vinegar with a sweetener (to taste), add the sliced radish, and the edamame beans.

2. NOODLES Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

3. OSTRICH Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Add the sliced spring onion and fry until browned, 3-4 minutes (shifting occasionally). Mix in the Asian sauce, the sriracha (to taste), and a splash of water. Simmer until the sauce is warmed through, 1-2 minutes. Remove from the heat and mix in the cooked noodles.

4. DINNER IS READY Bowl up the loaded noodles, side with the radish & edamame beans, and scatter over the drained peppers. Enjoy your food, Chef!

Nutritional Information

Per 100g

Energy	710kj
Energy	170kcal
Protein	11.4g
Carbs	17g
of which sugars	3.6g
Fibre	1.4g
Fat	5.9g
of which saturated	1.2g
Sodium	283.7mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Fish, Soy, Shellfish

Eat
Within
4 Days