



Eat Within 2 Days

UCCOOK

Spicy Peanut Ostrich & Udon Noodles

with chilli oil & button mushrooms

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Painted Wolf Wines | The Den Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	768kJ	3940kJ
Energy	184kcal	943kcal
Protein	11g	56.6g
Carbs	10g	50g
of which sugars	1.5g	7.5g
Fibre	2.2g	11.2g
Fat	11g	56.6g
of which saturated	1.9g	9.6g
Sodium	253.1mg	1299mg

Allergens: Gluten, Allium, Peanuts, Wheat, Sulphites, Soy

Spice Level: Hot

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Udon Noodles
150g	300g	Free-range Ostrich Strips
65g	125g	Button Mushrooms <i>wipe clean & roughly slice</i>
50g	100g	Peas
1	2	Spring Onion <i>rinse, trim & finely slice</i>
80ml	160ml	Tangy Peanut-soy <i>(40ml [80ml] Peanut Butter, 30ml [60ml] Low Sodium Soy Sauce & 10ml [20ml] Rice Wine Vinegar)</i>
20g	40g	Spinach <i>rinse</i>
20ml	40ml	Banhoeck Chilli Oil
10g	20g	Peanuts

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Sugar/Sweetener/Honey

1. DONE THE UDONE Bring a pot of water to a boil for the noodles. Cook the noodles until separated and pliable, 1-2 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.

2. O-YUM OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season.

3. VEGGIE MEDLEY Return the pan to medium-high heat with a drizzle of oil. Fry mushrooms until golden, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, add the peas, the spring onions, the peanut-soy sauce, a sweetener (to taste), the cooked ostrich, the cooked noodles and the spinach. Mix until heated through and the spinach is wilted. Loosen with the reserved pasta water if too thick. Season and remove from the heat.

4. SO SATISFYING Serve up the delicious ostrich & noodles and drizzle with the chilli oil (to taste). Garnish with the peanuts and dig in, Chef!

Chef's Tip Toast the peanuts in a pan over medium heat until golden brown, 2-4 minutes (shifting occasionally).