



# 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:** 25 minutes

**Overall Time:** 25 minutes

---

**Serves:** 3 People

---

**Chef:** Kate Gomba

---

Quick & Easy

---

Painted Wolf Wines | The Den Shiraz

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

### Ingredients & Prep

3 cakes	Egg Noodles
60ml	Rice Vinegar
60g	Radish <i>rinse &amp; slice into half-moons</i>
300g	Edamame Beans
450g	Free-range Ostrich Mince
3	Spring Onions <i>rinse, trim &amp; roughly slice</i>
3 units	UCOOK Asian Sauce
45ml	Sriracha Sauce
60g	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, 5-6 minutes (shifting occasionally). Mix in the Asian sauce, the sriracha (to taste), and a splash of water. Simmer until the sauce is warmed through, 2-3 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