

UCOOK

Silky Soy Noodles

with ostrich mince, pak choi, peanuts & sesame oil

Our UCOOK-style take on larb, a famous meat salad from Laos! Packed with veg and ostrich mince, ribboned with vermicelli noodles, and united by a soy, honey, sesame oil, and garlic sauce. With a bite from lime and chilli flakes and a crunch from spring onion and peanuts.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Lauren Todd

♥ Health Nut

🍷 Warwick Wine Estate | First Lady Cabernet Sauvignon

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Ingredients & Prep

10g	Peanuts
50g	Rice Vermicelli Noodles
100g	Pak Choi <i>trimmed at the base</i>
150g	Free-range Ostrich Mince
1	Garlic Clove <i>peeled & grated</i>
1	Spring Onion <i>thinly sliced, keeping the white & green parts separate</i>
2.5ml	Dried Chilli Flakes
52,5ml	Sticky Sesame-soy <i>(30ml Low Sodium Soy Sauce, 15ml Honey & 7,5ml Sesame Oil)</i>
1	Lime <i>cut into wedges</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
100g	Green Cabbage <i>thinly sliced</i>
120g	Carrot <i>½ grated</i>

From Your Kitchen

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

1. NUTS ABOUT PEANUTS! Place a pan or wok over a medium heat. When hot, toast the peanuts for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

2. GLASSY CLASSY Boil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 6-8 minutes until cooked and glassy. Drain on completion and toss through some oil to prevent sticking.

3. PREP THE GREENS Rinse the pak choi leaves well. Slice the green, leafy parts in half lengthways. Finely slice the stems, keeping them separate from the green leaves.

4. STICKY OSTRICH Return the pan or wok to a medium heat with a drizzle of oil. When hot, add in the mince and work quickly to break it up as it starts to cook. Once separated, allow to caramelise for 4-5 minutes until browned, shifting occasionally. Add the grated garlic, the white spring onion slices, and fry for about a minute until fragrant, shifting frequently. Stir in the chilli flakes to taste and fry for another 30 seconds. Mix in the sesame-soy sauce, 50ml of warm water and the juice of 1 lime wedge. Cook for 2-3 minutes until slightly reduced. Remove from the heat on completion, season to taste, and stir through three-quarters of the chopped coriander. Place in a bowl, cover to keep warm and set aside until serving.

5. VEGGIE-PACKED NOODLES Return the pan or wok to a medium-high heat with another drizzle of oil. When hot, fry the pak choi stems for 2-3 minutes until slightly softened. Add the pak choi leaves, sliced cabbage, and grated carrot. Sauté for 2-3 minutes until the leaves are wilted but the cabbage and carrot is still slightly crunchy. Toss through the cooked noodles and green spring onion slices until heated through, then remove from the heat.

6. YUM! Scoop the veggie-packed noodles into a bowl and spoon over the sticky ostrich. Garnish with the remaining chopped coriander and the chopped, toasted peanuts. Sprinkle over any remaining chilli flakes to taste and serve with a lime wedge on the side. Grab those chopsticks and tuck in!

Nutritional Information

Per 100g

Energy	487kJ
Energy	116Kcal
Protein	6.3g
Carbs	13g
of which sugars	4.4g
Fibre	1.4g
Fat	4g
of which saturated	0.8g
Sodium	287mg

Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Soy

Cook
within 1
Day