



# UCOOK

## Spicy Ostrich & Egg Noodles

**with bell pepper & an oriental sauce**

It's the age-old question: What are we having for dinner tonight? Not today, Chef, not today! Because the delicious answer lies in this mouthwatering UCOOK mealkit. Al dente egg noodles are coated in an umami-rich oriental sauce and loaded with charred onions & peppers, crispy ostrich strips, and a tang of fragrant tomato paste.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Suné van Zyl

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Simple & Save

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Cathedral Cellar Wines | Cathedral Cellar-  
Cabernet Sauvignon 2021

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## Ingredients & Prep

4 cakes	Egg Noodles
600g	Ostrich Strips
145ml	Spicy Flour <i>(125ml Cornflour &amp; 20ml Dried Chilli Flakes)</i>
2	Onions <i>peel &amp; roughly slice</i>
2	Bell Peppers <i>rinse, deseed &amp; cut into strips</i>
2	Garlic Cloves <i>peel &amp; grate</i>
80ml	Tomato Paste
205ml	Oriental Sauce <i>(80ml Rice Wine Vinegar &amp; 125ml Oyster Sauce)</i>

## From Your Kitchen

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

**1. EGG NOODLES** Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

**2. CRISPY OSTRICH** Place a pan over high heat with enough oil to cover the base. Pat the ostrich dry with paper towel, coat in the spicy flour, and season. When hot, fry the ostrich until browned and crispy, 30-60 seconds (shifting occasionally). Remove from the pan and drain on paper towel. You may need to do this step in batches.

**3. SAUCY VEGGIES** Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onions and the pepper strips until lightly charred but still crunchy, 4-5 minutes. Add the grated garlic and the tomato paste, and fry until fragrant, 1-2 minutes. Pour in 200ml of water and simmer until thickening, 3-4 minutes. Mix in the cooked noodles, the crispy ostrich, and the oriental sauce. Remove from the heat and season.

**4. DINNER IS READY** Plate up the loaded noodles and enjoy, Chef!

## Nutritional Information

Per 100g

Energy	426kJ
Energy	102kcal
Protein	6.2g
Carbs	14g
of which sugars	2.6g
Fibre	1.2g
Fat	2.3g
of which saturated	0.6g
Sodium	231mg

## Allergens

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

Eat  
Within  
4 Days