



# UCOOK

## Easy Sweet Chilli Ostrich Stir-fry

with egg noodles & fresh coriander

A delish stir-fry featuring browned ostrich goulash, crunchy cabbage, sweet chilli sauce & al dente egg noodles. Now the only thing left to do with this one-pan wonder is enjoy your dinner!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People


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**Chef:** Morgan Otten

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Simple & Save

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 Deetlefs Wine Estate | Deetlefs Stonecross Shiraz

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## Ingredients & Prep

3 cakes	Egg Noodles
450g	Ostrich Chunks
2	Onions <i>peel &amp; roughly slice 1½</i>
200g	Cabbage <i>rinse &amp; thinly slice</i>
360g	Carrot <i>rinse, trim, peel &amp; cut into thin matchsticks</i>
150ml	Sweet Chilli Sauce
8g	Fresh Coriander <i>rinse, pick &amp; roughly chop</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. OSTRICH CHUNKS** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 3-4 minutes (shifting occasionally). Remove from the pan. Season and set aside.

**3. STIR-FRY VEGGIES** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onion, the sliced cabbage, and the carrot matchsticks until softened, 2-3 minutes (shifting occasionally). Add the sweet chilli sauce, the browned ostrich, and the cooked noodles. Fry until heated through, 1-2 minutes (shifting constantly). Remove from the heat and season.

**4. LET'S EAT** Dish up the hearty ostrich stir-fry. Garnish with the chopped coriander. There you have it - a one-pan wonder!



## Chef's Tip

We suggest using a wok for this recipe if you have one. The best thing about a wok is that it distributes heat more evenly. It also ensures that food tossed during stir-frying lands back in the pan!

## Nutritional Information

Per 100g

Energy	489kJ
Energy	117kcal
Protein	6.7g
Carbs	47g
of which sugars	6g
Fibre	1.5g
Fat	2.6g
of which saturated	0.7g
Sodium	159mg

## Allergens

Egg, Gluten, Allium, Wheat

Eat  
Within  
4 Days