



Eat Within 3 Days

UCCOOK

Gochujang Ostrich & Soba Noodles

with coriander & button mushrooms

Hands-on Time: 30 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	459kJ	2079kJ
Energy	110kcal	497kcal
Protein	9.6g	43.4g
Carbs	10g	47g
of which sugars	2g	8g
Fibre	2g	7g
Fat	3.1g	14.2g
of which saturated	0.8g	3.4g
Sodium	226.3mg	1025.3mg

Allergens: Gluten, Allium, Wheat, Sulphites, Soy, Sugar
Alcohol (Sweetener)

Spice Level: Hot

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
120g	160g	Soba Noodles
375g	500g	Button Mushrooms <i>wipe clean & cut into quarters</i>
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
45g	60g	Fresh Ginger <i>peel & grate</i>
450g	600g	Free-range Ostrich Mince
15ml	20ml	Gochujang
15ml	20ml	Tomato Paste
45ml	60ml	Low Sodium Soy Sauce
60g	80g	Spinach <i>rinse</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Seasoning (salt & pepper)
Water
Paper Towel
Cooking Spray

1. OODLES OF NOODLES Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 3-4 minutes. Drain, reserving a cup of noodle water, and rinse in cold water.

2. MMMUSHROOMS Return the pan to medium-high heat. When hot, add the mushrooms and lightly coat in cooking spray. Fry until golden, 6-7 minutes (shifting occasionally). Remove from the pan and season.

3. MOUTHWATERING MINCE Return the pan to medium-high heat. When hot, add the onion and lightly coat with cooking spray. Fry until browned and softened, 6-8 minutes. Add the ginger and fry until fragrant, 30-60 seconds (shifting constantly). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally).

4. GO-GO-GOCHUJANG Add the gochujang (to taste), the tomato paste, the soy sauce, and the spinach. Simmer until the leaves are wilted, 1-2 minutes (shifting occasionally). Remove from heat, loosen with the reserved water, add seasoning and set aside.

5. SENSATIONAL SUPPER Dish up the silky soba noodles and mushrooms and spoon over the saucy Asian veggies and ostrich. Sprinkle over the coriander. Beautiful, Chef!

Chef's Tip Mushrooms release water when they cook, so if there are too many in the pan, they could boil instead of caramelize!