



U C O O K

— COOKING MADE EASY

Fuss-Free Fusion Stir Fry

with oyster strips, soba noodles & a soy, sesame oil and honey sauce

A hot 'n healthy, Japanese-inspired bowl of oyster strips and nutty soba noodles, tumbled together in a sweet sesame sauce. With zesty slaw, crunchy sesame seeds, fresh coriander, and fiery sriracha.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Lauren Todd

 **Easy Peasy**

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Ingredients & Prep

5ml	White Sesame Seeds
45g	Soba Noodles
150g	Free-Range Ostrich Strips
10g	Fresh Ginger <i>peeled & grated</i>
100g	Shredded Cabbage & Julienne Carrot
45ml	Sweet Sesame-Soy <i>(20ml Low-Sodium Soy Sauce, 15ml Honey & 10ml Sesame Oil)</i>
50g	Cucumber <i>sliced into thin matchsticks</i>
1	Lime <i>one half zested & cut into wedges</i>
15ml	Sriracha
3g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. TOAST THE SEEDS Boil the kettle for step 2. Place a pan or wok over a medium heat. When hot, toast the sesame seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove on completion and set aside to cool.

2. KEEPIN' IT SOBA Place a pot for the noodles over a high heat. Fill with boiling water and add a pinch of salt. Once bubbling rapidly, cook the noodles for 6-8 minutes until tender. Drain on completion and run under cold water to stop the cooking process. Return to the pot, toss through some oil to prevent sticking, and set aside.

3. WHILE THE NOODLES ARE COOKING... Fry the ostrich! Drain any liquid from the packaging and pat the strips dry with paper towel. Return the pan or wok to a high heat with a drizzle of oil. When hot, brown the ostrich for 1-2 minutes until cooked through, shifting occasionally. Remove from the pan or wok on completion and set aside.

4. AN UMAMI STIR FRY Return the pan or wok to a medium heat with another drizzle of oil. When hot, fry the grated ginger and three-quarters of the slaw for 1-2 minutes until wilted but still crunchy. Add in the sweet sesame-soy sauce and 50ml of water, and stir until coated. Simmer for 2-3 minutes until slightly reduced. Remove the pan from the heat and add in the cooked noodles and ostrich strips. Toss to combine and season to taste.

5. ONE MORE STEP TO GO Place the cucumber matchsticks and the remaining slaw in a bowl. Toss together with some lime juice, lime zest, and seasoning to taste.

6. TASTE BUD PARTY TIME! Fill up a bowl with warm ostrich noodles. Top with the tangy slaw, sprinkle over the toasted sesame seeds, and garnish with the chopped coriander. Finish off with a drizzle of sriracha to taste and serve with a lime wedge on the side. Sit down and chow down!



Chef's Tip

You can use a wok for this recipe if you have one. The best thing about a wok is that it distributes heat more evenly and so requires less oil. It also ensures that food tossed during stir frying lands back in the pan and not all over the stove!

Nutritional Information

Per 100g

Energy	546kJ
Energy	130Kcal
Protein	9.7g
Carbs	15g
of which sugars	5.3g
Fibre	1.4g
Fat	3.9g
of which saturated	0.7g
Sodium	315mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook
within
4 Days