



WCOOK

Gochujang Ostrich & Soba Noodles

with carrot, edamame & sesame veggies

Hands-on Time: 45 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	549kJ	3363kJ
Energy	131kcal	804kcal
Protein	7.7g	47.2g
Carbs	14g	88g
of which sugars	4.6g	28.2g
Fibre	1.6g	10g
Fat	5g	30.6g
of which saturated	0.9g	5.5g
Sodium	200mg	1225mg

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

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	200g	Soba Noodles
450g	600g	Free-range Ostrich Strips
2	2	Garlic Cloves
30g	40g	Fresh Ginger
2	2	Spring Onions <i>rinse, trim & finely slice</i>
360g	480g	Carrot <i>rinse, trim, peel & grate</i>
150g	200g	Edamame Beans
150ml	200ml	Gochujang Glaze <i>(30ml [40ml] Gochujang, 60ml [80ml] Indo Soy Sauce & 60ml [80ml] Rice Wine Vinegar)</i>
300g	400g	Cucumber
60	80g	Piquanté Peppers <i>drain</i>
45ml	60ml	Sesame Oil
30ml	40ml	Lemon Juice
15ml	20ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

- 1. NOODLES** Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 3-4 minutes. Drain and rinse in cold water.
- 2. OSTRICH** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and cut into small pieces. When hot, sear the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan. Season and set aside.
- 3. ALL TOGETHER** Peel and grate the garlic and ginger. Return the pan to medium heat with a drizzle of oil if necessary. Fry the garlic, ginger, and ½ the spring onion until fragrant, 1-2 minutes. Add the carrot, edamame beans, noodles, ostrich, gochujang glaze and a splash of water. Simmer until warmed through, 2-3 minutes. Remove from the heat and season (to taste).
- 4. SESAME VEGGIES** Rinse the cucumber and into half-moons. In a bowl, add the cucumber, piquanté peppers, sesame oil, lemon juice (to taste), and seasoning, and toss to coat.
- 5. DINNER IS READY** Bowl up the loaded gochujang noodles, side with the sesame veggies, and sprinkle over the sesame seeds. Garnish with the remaining spring onion and dig in, Chef!