



UCCOOK

Gochujang Ostrich & Soba Noodles

with pak choi & sesame seeds

Hands-on Time: 35 minutes

Overall Time: 45 minutes

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

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	406kJ	2057kJ
Energy	97kcal	492kcal
Protein	8.9g	45.1g
Carbs	9g	43g
of which sugars	1g	7g
Fibre	1g	7g
Fat	3.2g	16g
of which saturated	0.7g	3.7g
Sodium	216.6mg	1096.4mg

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

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
120g	160g	Soba Noodles
15ml	20ml	White Sesame Seeds
375g	500g	Button Mushrooms <i>wipe clean & cut into quarters</i>
450g	600g	Pak Choi <i>trim the base</i>
30g	40g	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
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

- 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. GOLDEN SESAMES** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. MMMUSHROOMS** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mushrooms until golden, 6-7 minutes (shifting occasionally). Remove from the pan and season.
- 4. MOUTHWATERING MINCE** Separate the leaves of the pak choi and rinse well. Slice the stems and roughly shred the leaves. Return the pan to medium-high heat. When hot, fry the pak choi stems and ginger until slightly softened, 2-3 minutes. Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 [5-6] minutes (shifting occasionally).
- 5. GO-GO-GOCHUJANG** Add the gochujang (to taste), the tomato paste, the soy sauce, and the pak choi leaves. Simmer until the pak choi leaves are wilted, 1-2 minutes (shifting occasionally). Remove from heat, loosen with the reserved water, add seasoning and set aside.
- 6. COMBINE TO MAKE IT SHINE** Just before serving, toss the cooked mushrooms through the cooked noodles and season.
- 7. SENSATIONAL SUPPER** Dish up the silky soba noodles & mushrooms and spoon over the saucy Asian veggies and ostrich. Sprinkle over the coriander and the toasted sesame seeds. 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!