



U C O O K

— COOKING MADE EASY

JAPANESE FUSION OSTRICH

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

A hot 'n healthy, Japanese-inspired bowl of ostrich and soba noodles, tumbled in a sweet sesame sauce; with zesty slaw, sesame seeds, and fiery sriracha. Soba are Japanese noodles made of buckwheat, which is a seed!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Kate Gomba



Health Nut

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Ingredients & Prep

20ml	White Sesame Seeds
180g	Soba Noodles
600g	Free-Range Ostrich Stroganoff
40g	Fresh Ginger <i>peeled & grated</i>
400g	Asian Slaw Mix
180ml	Sweet Sesame-Soy <i>(80ml Soy Sauce, 60ml Honey & 40ml Sesame Oil)</i>
200g	Cucumber <i>sliced into thin matchsticks</i>
2	Lime <i>zested & cut into wedges</i>
10g	Fresh Coriander <i>rinsed & roughly chopped</i>
60ml	Sriracha

From Your Kitchen

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

1. TOAST THE SESAME SEEDS Boil a full kettle. Place the sesame seeds in a large pan or wok over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

2. KEEPING IT SOBA Place a pot for the soba noodles over a high heat. Fill with boiling water, add a pinch of salt, and bring back up to the boil. Then, pop in the soba noodles and cook for 6-8 minutes until al dente. Drain on completion and run under some cold water to stop the cooking process. Return to the pot, toss through some oil to prevent sticking, and set aside.

3. FRY THE STROGANOFF While the noodles are cooking, 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 on completion and set aside. You may need to do this step in batches. Lower the heat to medium, return the pan or wok to the stove, and add another drizzle of oil. When hot, fry the grated ginger and half of the Asian slaw for 2-3 minutes until wilted but still crunchy. Stir in the Sweet Sesame-Soy and 125ml of water. Simmer for 4-5 minutes until slightly reduced. Remove from the heat on completion and add in the cooked noodles and ostrich. Toss to combine and season to taste.

4. ONE STEP TO GO... Just before serving, place the cucumber matchsticks and remaining Asian slaw in a bowl with a squeeze of lime juice. Toss together with some lime zest and seasoning to taste.

5. TASTE BUD PARTY TIME! Dish up bowls of warm ostrich noodles. Top with the crunchy slaw, garnish with the chopped coriander, and sprinkle with the toasted sesame seeds. Finish off with a drizzle of sriracha (to taste) and serve with a lime wedge on the side. Get on down to chow town!



Chef's Tip

Ginger has superpowers! It strengthens the immune system, stops inflammation, eases digestion, and alleviates cold and flu symptoms. Whizz it up fresh with smoothies or juices for extra zing, or add it to just about any curry dish!

Nutritional Information

Per 100g

Energy	563kJ
Energy	134Kcal
Protein	9.7g
Carbs	14g
of which sugars	5.3g
Fibre	1.5g
Fat	4.5g
of which saturated	0.8g
Sodium	403mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook
within
4 Days