

# UCCOOK

## Udon Noodles & Ostrich

with bell pepper & coriander

**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Hellen Mwanza

**Wine Pairing:** Creation Wines | Creation Pinot Noir

<b>Nutritional Info</b>	Per 100g	Per Portion
Energy	338kj	2823kj
Energy	81kcal	675kcal
Protein	5.4g	45.2g
Carbs	11g	88g
of which sugars	3.4g	28.7g
Fibre	1.4g	12.1g
Fat	1.7g	14.2g
of which saturated	0.4g	3.6g
Sodium	275mg	2293mg

**Allergens:** Sulphites, Shellfish, Gluten, Wheat, Alcohol, Soya, Allium

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Broccoli Florets
150g	300g	Free-range Ostrich Mince
1	1	Onion <i>peel &amp; roughly slice ½ [1]</i>
1	1	Bell Pepper <i>rinse, deseed &amp; cut ½ [1] into strips</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
10g	20g	Fresh Ginger <i>peel &amp; grate</i>
10ml	20ml	Spiced Flour <i>(5ml [10ml] Cornflour &amp; 5ml [10ml] NOMU One For All Rub)</i>
60ml	120ml	Udon Sauce <i>(40ml [80ml] Oyster Sauce &amp; 20ml [40ml] Mirin)</i>
100g	200g	Udon Noodles
3g	5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive OR coconut)  
Seasoning (Salt & Pepper)  
Water  
Egg/s (optional)  
Butter (optional)

**1. BUTTERY BROCCOLI** Rinse and cut the broccoli into bite-sized pieces. Place a pan over medium-high heat with a drizzle of oil or a knob of butter (optional). Fry the broccoli pieces, until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season.

**2. LET'S KEEP IT LOCAL** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally).

**3. ADDICTIVE AROMAS** Add the onion, pepper, and knob of butter (optional) to the pan. Fry until golden, 4-5 minutes (shifting occasionally). Add the garlic, ginger, and the spiced flour. Fry until fragrant, 1-2 minutes.

**4. OODLES OF UDON NOODLES** Add the udon sauce, the udon noodles, and 50ml [100ml] of water to the loaded mince. Simmer until heated through and the noodles are cooked, 2-3 minutes. Mix in the broccoli and seasoning. Remove from the heat.

**5. OPTIONAL EGG** Bring a small pot of water to the boil. When the water is boiling, cook 1 [2] egg/s for 6-8 minutes for medium, 6 minutes for medium-soft, and 8-10 minutes for medium-hard. Remove the egg/s and submerge in cold water to stop the cooking process. Peel when cool enough to handle. Slice in half and season before serving.

**6. BOWLED OVER!** Bowl up the saucy udon noodles, top with the boiled egg (optional), and garnish with the coriander. Enjoy, Chef!