



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 strips and nutty soba noodles, tumbled in a sweet sesame sauce; with zesty slaw, sesame seeds, and fiery sriracha. Soba noodles are made from buckwheat, which is a seed!

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Lauren Todd



Health Nut

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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	Asian-Style Slaw (shredded cabbage & carrot mix)
45ml	Sweet Sesame-Soy <i>(20ml 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>
3g	Fresh Coriander <i>rinsed & roughly chopped</i>
15ml	Sriracha

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. KEEPING IT SOBA Place a pot for the soba noodles over a high heat. Fill with boiling water and add a pinch of salt. Once boiling 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 ostrich packaging and pat the strips dry with some 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. Stir in the sweet sesame-soy sauce and 50ml of water 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! Dish up a bowl of warm ostrich noodles. Top with the tangy slaw, garnish with the chopped coriander, and sprinkle over the toasted sesame seeds. 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	552kJ
Energy	132Kcal
Protein	10g
Carbs	15g
of which sugars	5g
Fibre	1.4g
Fat	3.9g
of which saturated	0.7g
Sodium	402mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook
within
4 Days