



UCCOOK

Sesame Ostrich & Soba Noodles

with fried mushrooms & a sticky Asian sauce


Sesame-crusted ostrich steak slices sit atop a bed of silky soba noodles, tossed with mushrooms, pak choi and a glossy umami Asian sauce of soy, sesame oil and gochujang.

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Alex Levett

 Carb Conscious

 Creation Wines | Creation Pinot Noir 2021

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Ingredients & Prep

| | |
|------|--|
| 200g | Soba Noodles |
| 20ml | Mixed Sesame Seeds |
| 500g | Button Mushrooms <i>wiped clean & quartered</i> |
| 600g | Free-range Ostrich Stroganoff |
| 600g | Pak Choi <i>trimmed at the base</i> |
| 40g | Fresh Ginger <i>peeled & grated</i> |
| 40ml | Gochujang |
| 20ml | Sesame Oil |
| 30ml | Tomato Paste |
| 60ml | Low Sodium Soy Sauce |
| 15g | Fresh Coriander <i>rinsed & roughly chopped</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. OODLES OF NOODLES Boil the kettle. Fill a pot with the boiling water, add a pinch of salt, and place over a high heat. Once bubbling rapidly, cook the noodles for 6-8 minutes until tender. Drain on completion and run under cold water to stop the cooking process. Toss through some oil to prevent sticking and set aside.

2. TOASTY SEEDS Place the sesame seeds in a large, nonstick pan over a medium heat. Toast for 2-4 minutes until the white ones are lightly browned, shifting occasionally. Remove from the pan on completion.

3. MUSHROOMS MAYHEM Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the quartered mushrooms for 5-6 minutes until soft and golden, shifting as they colour. You may need to do this step in batches, adding more oil between batches. Remove from the pan on completion and season to taste.

4. BIG BIRD Return the pan to a medium heat with a drizzle of oil. Pat the ostrich stroganoff dry with some paper towel. When the pan is hot, fry the ostrich for 30-60 seconds per side, until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) Remove from the pan and season.

5. PREP & SAUCE Separate the leaves of the trimmed pak choi and rinse well. Slice the stems and cut the leaves in half lengthways. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the pak choi stems and grated ginger for 3-4 minutes until slightly softened. Add the gochujang (to taste), sesame oil, tomato paste, soy sauce, a sweetener of choice (to taste), and the pak choi leaves. Simmer for 2-3 minutes until the pak choi leaves are wilted, shifting occasionally. Remove from the heat, add the cooked ostrich and mix to combine. Just before serving, toss the cooked mushrooms through the noodles and season.

6. NOODS READY TO SERVE! Dish up the silky soba noodles & mushrooms and spoon over the saucy Asian veggies and ostrich. Sprinkle over the chopped 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 caramelise!

Nutritional Information

Per 100g

| | |
|--------------------|--------|
| Energy | 397kJ |
| Energy | 95kcal |
| Protein | 9.1g |
| Carbs | 10g |
| of which sugars | 2g |
| Fibre | 1.5g |
| Fat | 2.4g |
| of which saturated | 0.5g |
| Sodium | 227mg |

Allergens

Gluten, Sesame, Wheat, Sulphites,
Sugar Alcohol (Xylitol), Soy

Cook
within
4 Days