



# UCCOOK

## Lean Ostrich Stir-Fry & Udon Noodles

with bell pepper & coriander

Udon noodles are umami-fied by being coated in a rich, dark oyster sauce, together with browned ostrich strips, earthy green beans, silky onion & bell pepper, the warmth of freshly grated ginger, and coriander for garnish.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People

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**Chef:** Hellen Mwanza

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\*New Calorie Conscious

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## Ingredients & Prep

320g	Free-range Ostrich Steak
160g	Green Beans <i>rinse &amp; halve</i>
1	Onion <i>peel &amp; roughly slice</i>
1	Bell Pepper <i>rinse, deseed &amp; cut into strips</i>
20g	Fresh Ginger <i>peel &amp; grate</i>
100ml	Oyster Sauce
200g	Udon Noodles
5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. LET'S KEEP IT LOCAL** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). Remove from the pan and set aside to rest for 5 minutes before slicing into strips, and seasoning.

**2. CHARRED BEANS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 5-6 minutes (shifting occasionally). Remove from the pan, season, and cover.

**3. ADDICTIVE AROMAS** Return the pan to medium heat with a drizzle of oil (if necessary). Fry the onion and pepper slices until golden, 4-5 minutes (shifting occasionally). Add the grated ginger. Fry until fragrant, 1-2 minutes.

**4. OODLES OF UDON NOODLES** Add the oyster sauce, the udon noodles, and 100ml of water to the fried onion. Simmer until heated through and the noodles are cooked, 2-3 minutes. Remove the pan from the heat. Stir through the ostrich strips, the charred green beans, and seasoning.

**5. BOWLED OVER!** Bowl up the saucy udon noodles and garnish with the chopped coriander. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	296kJ
Energy	71kcal
Protein	6.4g
Carbs	9g
of which sugars	3g
Fibre	1g
Fat	0.8g
of which saturated	0.3g
Sodium	351.5mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Soy, Shellfish

Eat  
Within  
4 Days