

QCOOK

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: Doos Wine | Doos Dry Red 3L

Nutritional Info

	Per 100g	Per Portion
Energy	325kj	2715kj
Energy	78kcal	649kcal
Protein	5.3g	44.1g
Carbs	10g	83g
of which sugars	3.1g	25.5g
Fibre	1.5g	12.1g
Fat	1.7g	14.2g
of which saturated	0.4g	3.6g
Sodium	263mg	2197mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Alcohol, Soy, Shellfish

Eat Within 3 Days



Ingredients & Prep Actions:

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

From Your Kitchen

Oil (cooking, olive & coconut)
Water
Paper Towel
Egg/s (optional)
Butter (optional)
Seasoning (salt & pepper)

1. LET'S KEEP IT LOCAL Place a pan (with a lid) over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and coat in the spiced flour mix. When hot, sear the ostrich until browned and crispy, 2-3 minutes (shifting occasionally). Remove from the pan, season, and set aside.

2. BUTTERY BROCCOLI Return the pan to 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.

3. ADDICTIVE AROMAS Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Fry the onion and the pepper until golden, 4-5 minutes (shifting occasionally). Add the garlic and the ginger. 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 fried onion. Simmer until heated through and the noodles are cooked, 2-3 minutes. Remove the pan from the heat. Stir through the ostrich, the broccoli, and seasoning.

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!