



UcOoK

Udon Noodles & Ostrich

with bell pepper & coriander

What have udon for dinner, Chef? Made a bowl of umami yumminess, that's what! Japanese udon noodles are coated in a palate pleasing mirin & oyster sauce, together with spicy-coated browned ostrich and buttery charred broccoli, with notes of ginger & garlic. Top with an optional boiled egg, garnish with fresh coriander for that Chef's touch, and savour every slurp!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Adventurous Foodie

 Doos Wine | Doos Dry Red 3L

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Ingredients & Prep

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

From Your Kitchen

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

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 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. When hot, 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 sliced onion and the pepper slices until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and the grated ginger. Fry until fragrant, 1-2 minutes.

4. OODLES OF UDON NOODLES Add the udon sauce, the udon noodles, and 50ml 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 crispy ostrich, the charred broccoli, and seasoning.

5. OPTIONAL EGG Bring a small pot of water to the boil. When the water is boiling, cook the egg (optional) for 6-8 minutes for medium, 6 minutes for medium-soft, and 8-10 minutes for medium-hard. Remove the egg 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 chopped coriander. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	341kJ
Energy	64kcal
Protein	5.6g
Carbs	10g
of which sugars	3.2g
Fibre	1.4g
Fat	1.8g
of which saturated	0.5g
Sodium	359mg

Allergens

Gluten, Allium, Wheat, Sulphites,
Alcohol, Soy, Shellfish

Eat
Within
3 Days