



UCCOOK

Miso Herby Noodles & Ostrich Steak

with chopped bacon

If your stomach is saying, "Miso hungry..." then quiet the grumblyings with a generous portion of loaded egg noodles, tossed with crispy bacon, garlicky green beans & fresh coriander. This tasty combo is coated in a miso paste-based sauce, which brings out the richness of the butter-basted ostrich steak slices that complete this delish dish.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Kate Gomba

Adventurous Foodie

 Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

3 cakes	Egg Noodles
12 strips	Streaky Pork Bacon
300g	Green Beans <i>rinse & cut in half</i>
8g	Fresh Thyme <i>rinse & pick</i>
3	Garlic Cloves <i>peel & grate</i>
480g	Free-range Ostrich Steak
90ml	Miso Paste
15g	Fresh Coriander <i>rinse, pick & finely chop</i>
1	Lemon <i>rinse & cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. NOODLES Boil the kettle. Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain, reserve the pasta water, and rinse in cold water.

2. BACON Place a pan over medium-high heat. When hot, fry the bacon strips until browned and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel. Roughly chop.

3. GREEN BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the halved green beans until starting to char, 5-6 minutes (shifting constantly). In the final minute, add the picked thyme, the grated garlic, and a knob of butter. Remove from the pan, season, and cover.

4. OSTRICH STEAK Return the pan to 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). In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. MISO NOODLES Return the pan, wiped down, to medium heat. Mix in 300ml of the reserved pasta water and the miso paste. Whisk to combine and add the cooked noodles, the chopped bacon, the charred green beans, and the chopped coriander. Simmer until warmed through, 3-4 minutes. Remove from the heat.

6. DINNER IS READY Plate up the loaded noodles, and top with the steak slices. Finish off with a generous squeeze of the lemon juice. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	605kJ
Energy	145kcal
Protein	11.5g
Carbs	15g
of which sugars	2.1g
Fibre	1.8g
Fat	4.7g
of which saturated	1.5g
Sodium	367mg

Allergens

Egg, Gluten, Allium, Wheat, Soy, Cow's Milk

Eat
Within
4 Days