



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.

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Hellen Mwanza

*New Calorie Conscious

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Ingredients & Prep

160g	Free-range Ostrich Steak
80g	Green Beans <i>rinse & halve</i>
1	Onion <i>peel & roughly slice</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
10g	Fresh Ginger <i>peel & grate</i>
50ml	Oyster Sauce
100g	Udon Noodles
3g	Fresh Coriander <i>rinse, pick & 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 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 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