

UCCOOK

Gochujang Ostrich & Soba Noodles

with coriander & charred baby tomatoes

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Calorie Conscious: Serves 1 & 2

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	471kj	2015kj
Energy	113kcal	482kcal
Protein	9.5g	40.5g
Carbs	11g	46g
of which sugars	2g	7g
Fibre	1g	6g
Fat	3.3g	14.3g
of which saturated	0.8g	3.4g
Sodium	240mg	1029mg

Allergens: Sulphites, Gluten, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40g	80g	Soba Noodles
100g	200g	Baby Tomatoes <i>rinse</i>
1	1	Onion <i>peel & roughly dice ½ [1]</i>
15g	30g	Fresh Ginger <i>peel & grate</i>
150g	300g	Free-range Ostrich Mince
5ml	10ml	Gochujang
5ml	10ml	Tomato Paste
15ml	30ml	Low Sodium Soy Sauce
20g	40g	Baby Spinach <i>rinse</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

Paper Towel

1. OODLES OF NOODLES Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 3-4 minutes. Drain, reserving a cup of noodle water, and rinse in cold water.

2. CHARRED BABY TOMATOES Place a pan over medium heat. When hot, add the baby tomatoes and lightly coat with cooking spray or oil (optional). Fry until blistered, 4-6 minutes (shifting occasionally). Season, remove from the pan and set aside.

3. MOUTHWATERING MINCE Return the pan to medium-high heat. When hot, add the onion and lightly coat with cooking spray or a drizzle of oil. Fry until browned and softened, 5-6 minutes. Add the ginger and fry until fragrant, 30-60 seconds (shifting constantly). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally).

4. GO-GO-GOCHUJANG Add the gochujang (to taste), the tomato paste, the soy sauce, the spinach, and noodles. Simmer until the leaves are wilted, 1-2 minutes (shifting occasionally). Remove from heat, loosen with the reserved water, add seasoning and set aside.

5. SENSATIONAL SUPPER Dish up the silky soba noodles and spoon over the saucy Asian veggies and ostrich. Scatter the charred baby tomatoes over and sprinkle over the coriander. Beautiful, Chef!