



Eat Within 4 Days

UCCOOK

Ostrich & Lemon Tabbouleh

with gem squash

Hands-on Time: 20 minutes

Overall Time: 30 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	307kJ	1992kJ
Energy	74kcal	477kcal
Protein	5.9g	38.6g
Carbs	7g	44g
of which sugars	1g	4g
Fibre	2g	11g
Fat	2.2g	14.2g
of which saturated	0.5g	3.5g
Sodium	22.4mg	144.9mg

Allergens: Gluten, Allium, Wheat

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Gem Squash <i>rinse, halve & deseed</i>
3g	5g	Fresh Coriander
6g	10g	Herb Mix <i>(3g [5g] Fresh Mint & 3g [5g] Fresh Parsley)</i>
40ml	80ml	Bulgur Wheat
150g	300g	Free-range Ostrich Chunks
2,5ml	5ml	Dried Thyme
100g	200g	Cucumber <i>rinse & roughly dice</i>
1	2	Spring Onion <i>rinse, trim & finely slice</i>
80g	160g	Baby Tomatoes <i>rinse & cut into quarters</i>
30ml	60ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. GEM SQUASH AND HERBS Coat the gem squash in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway). Rinse, pick and roughly chop the coriander and the mixed herbs.

2. BULGUR WHEAT Boil the kettle. Place the bulgur wheat in a pot with 150ml [300ml] of boiling water, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

3. O-YUM OSTRICH 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 (shifting occasionally). In the final minute, spice with the thyme. Remove from the pan. Season and set aside.

4. TASTY TABBOULEH Add the cucumber, the spring onion, the baby tomatoes, the herbs, and the lemon juice (to taste), to the bulgur.

5. A GREAT PLATE OF FOOD Plate up the tabbouleh, top with the ostrich, and side with the gem squash. Well done, Chef!

Chef's Tip Place the gem squash in a pot, submerge in water, and place over high heat. Once boiling, cook until easily pierced through with a knife, 25-30 minutes.