



UCCOOK

Pesto Bulgur Salad & Ostrich Steak

with tomatoes, cucumber & **NOMU Moroccan Rub**

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Estate Merlot

Nutritional Info	Per 100g	Per Portion
Energy	525kj	2360kj
Energy	126kcal	565kcal
Protein	10.4g	46.8g
Carbs	13g	61g
of which sugars	1.5g	6.9g
Fibre	2.5g	11.1g
Fat	3.6g	16.1g
of which saturated	0.8g	3.8g
Sodium	103mg	464mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Tree Nuts

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Bulgur Wheat
160g	320g	Free-range Ostrich Steak
5ml	10ml	NOMU Moroccan Rub
50g	100g	Cucumber <i>rinse & dice</i>
1	1	Tomato <i>rinse & roughly dice</i>
50ml	100ml	Creamy Pesto <i>(30ml [60ml] Low Fat Plain Yoghurt & 20ml [40ml] Pesto Princess Basil Pesto)</i>

From Your Kitchen

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

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

2. NOW FOR THE PROTEIN Place a pan over medium-high 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 and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

3. LOADED BULGUR In a bowl, combine the bulgur, the cucumber, the tomato, and seasoning.

4. O-YUM OSTRICH Make a bed of the loaded bulgur and top with the ostrich slices. Dollop over the creamy pesto. Easy peasy, Chef!