



QCOOK

Mediterranean Ostrich & Hummus

with herby tomato & sunflower seeds

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Simple & Save: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Waterkloof | Revenant Wild Ferment Syrah

Nutritional Info	Per 100g	Per Portion
Energy	590kJ	2907kJ
Energy	141kcal	696kcal
Protein	10.1g	49.8g
Carbs	14g	70g
of which sugars	1.4g	7.1g
Fibre	2.8g	14g
Fat	5g	24.8g
of which saturated	1.1g	5.5g
Sodium	97mg	646mg

Allergens: Cow's Milk, Gluten, Allium, Sesame, Wheat, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Bulgur Wheat
2	2	Tomatoes <i>rinse & roughly dice</i>
8g	10g	Fresh Parsley <i>rinse & roughly chop</i>
30g	40g	Sunflower Seeds
450g	600g	Free-range Ostrich Strips
15ml	20ml	NOMU Moroccan Rub
150g	200g	Cucumber <i>rinse & cut into rounds</i>
150ml	200ml	Hummus
150ml	200ml	Tzatziki

From Your Kitchen

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

- 1. COOK THE BULGUR** Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.
- 2. DRESSED TOMATO** In a small bowl, combine the tomato, ½ the parsley, a drizzle of olive oil, and seasoning. Set aside.
- 3. GOLDEN SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.
- 4. FRY THE STRIPS** Return the pan to high heat with a drizzle of oil. Pat the ostrich strips dry with paper towel. Sear the ostrich until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season.
- 5. BOWL IT UP** Plate up the bulgur. Serve with the seared strips, the cucumber and the herby tomato. Side with the hummus and tzatziki. Garnish with the remaining parsley and the sunflower seeds. Great work, Chef!