



UCCOOK

Spiced Bulgur Pilaf & Seared Ostrich

with a minty cucumber salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Nitída | Cabernet sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	433kJ	2709kJ
Energy	103kcal	648kcal
Protein	7.2g	45.1g
Carbs	13g	83g
of which sugars	2.5g	15.7g
Fibre	2.5g	15.8g
Fat	2.4g	15g
of which saturated	0.6g	3.6g
Sodium	77mg	479mg

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

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
360g	480g	Carrot <i>rinse, trim, peel & roughly dice</i>
2	2	Onions <i>peel & roughly dice</i>
30ml	40ml	Spice Mix <i>(15ml [20ml] NOMU BBQ Rub, 7,5ml [10ml] Dried Chilli Flakes & 7,5ml [10ml] Ground Cumin)</i>
225ml	300ml	Bulgur Wheat
300g	400g	Cucumber <i>rinse & cut into bite-sized chunks</i>
8g	10g	Fresh Mint <i>rinse, pick & roughly chop</i>
450g	600g	Free-range Ostrich Chunks
90ml	125ml	Tzatziki

From Your Kitchen

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

1. PILAF Boil the kettle. Place a pot over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the carrot and the onion until lightly golden, 6-7 minutes. Add the spice mix and fry until fragrant, 1-2 minutes. Mix in the bulgur wheat and 450ml [600ml] of boiling water. Simmer until cooked through, 8-10 minutes. Remove from the heat and season.

2. CUCUMBER In a bowl, combine the cucumber with the mint, a drizzle of olive oil, and seasoning.

3. OSTRICH Place a clean 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). In the final 1-2 minutes, baste with a knob of butter. Remove from the pan, season, and set aside

4. DINNER IS READY Plate up the bulgur pilaf, top with the ostrich, and side with the minty cucumber salad. Dollop over the tzatziki. Well done, Chef!