



UCOOK

Flavour-Fusion Ostrich Feast

with Mexican spices & Moroccan-style bulgur tabbouleh

Mexico meets Morocco, they hit it off, and they collaborate to create this fabulous fusion of tastes: dates, pickled peppers, bulgur wheat, hummus, and parsley all revolving around succulent slices of ostrich basted with fragrant spices.

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Alex Levett

 Health Nut

 Steenberg Vineyards | Merlot

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Ingredients & Prep

1	Onion <i>½ peeled & roughly diced</i>
7,5ml	NOMU Moroccan Rub
75ml	Bulgur Wheat
50ml	Hummus
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
1	Lemon <i>½ zested & cut into wedges</i>
20g	Green Leaves <i>rinsed</i>
160g	Free-range Ostrich Steak
7,5ml	NOMU Mexican Spice Blend
50g	Pickled Bell Peppers <i>drained & roughly chopped</i>
20g	Pitted Dates <i>roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)

1. FRAGRANT BULGUR Boil the kettle. Place a pot over a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Add the Moroccan Rub to taste and sauté for another minute until fragrant. Stir through the bulgur wheat and remove from the heat. Pour in 200ml of boiling water and give another stir. Pop on a lid and set aside to steam for 15-20 minutes until the bulgur is cooked and tender.

2. WHIP UP YOUR DRIZZLE & LEAVES In a small bowl, combine the hummus with $\frac{3}{4}$ of the chopped parsley and the juice of 1 lemon wedge. Loosen with water in 5ml increments until drizzling consistency. Season to taste and set aside for serving. Toss the rinsed green leaves with some olive oil and a squeeze of lemon juice, and set aside for serving.

3. SIZZLING STEAK Place a pan over a medium heat with a drizzle of oil. Pat the steak dry with paper towel. When the pan is hot, fry for 6-8 minutes, shifting and turning until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) During the final 1-2 minutes, baste with a knob of butter (optional) and the Mexican spice blend. Remove from the pan on completion and set aside to rest for 5 minutes before thinly slicing.

4. TOSS IT ALL TOGETHER Once the bulgur wheat is cooked, fluff up with a fork and gently toss through the chopped pickled peppers and dates. Season to taste with salt, pepper, and lemon zest.

5. A FUSION FLAVOUR BURST Make a bed of leaves and spoon over the Moroccan-style bulgur wheat. Top with the Mexican-spiced ostrich slices, drizzle over the tangy hummus, and garnish with the remaining parsley. Get ready to munch, Chef!

Nutritional Information

Per 100g

Energy	556kJ
Energy	133Kcal
Protein	9.8g
Carbs	19g
of which sugars	5.9g
Fibre	3.3g
Fat	2.6g
of which saturated	0.7g
Sodium	341mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites

Cook
within
4 Days