



UCCOOK

Ostrich Fillet & Sultana Butter

with bulgur wheat & fresh parsley

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Stettyn Wines | Stettyn Family Range Merlot

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 539kJ | 3669kJ |
| Energy | 129kcal | 878kcal |
| Protein | 7.8g | 53g |
| Carbs | 18g | 120g |
| of which sugars | 3.4g | 23g |
| Fibre | 3.7g | 24.9g |
| Fat | 3.7g | 25.4g |
| of which saturated | 0.5g | 3.2g |
| Sodium | 33mg | 224mg |

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|--|
| 300ml | 400ml | Bulgur Wheat |
| 3 | 4 | Spring Onions <i>rinse & roughly slice</i> |
| 150g | 200g | Corn |
| 90g | 120g | Mixed Nuts <i>(45g [60g] Pecan Nuts & 145g [60g] Almonds)</i> |
| 300g | 400g | Cucumber <i>rinse & roughly dice</i> |
| 8g | 10g | Fresh Parsley <i>rinse, pick & roughly chop</i> |
| 2 | 2 | Lemons <i>rinse & cut 1½ [2] into wedges</i> |
| 45g | 60g | Golden Sultanas <i>roughly chop</i> |
| 450g | 600g | Free-range Ostrich Fillet |
| 15ml | 20ml | NOMU One For All Rub |

From Your Kitchen

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

1. **BULGUR WHEAT** Boil the kettle. Place the bulgur wheat in a pot with 600ml [800ml] 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. **ONION & CORN** Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 3-4 minutes (shifting occasionally). Add the corn and fry until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and place into the bowl with the bulgur. Roughly chop the mixed nuts, and add ½ to the cooked bulgur along with the cucumber, ⅔ of the parsley, and the juice from 3 [4] lemon wedges.

3. **STEAK** Place a clean pan over medium-high heat with 90g [120g] of butter. Once foaming, add the mixed nuts and the sultanas. Fry until the sultanas are plump, 1-2 minutes. Remove from the heat. Mix through the juice of 3 [4] lemon wedges. (a generous squeeze!). Remove from the pan and set aside. Return the pan to medium-high heat. 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.

4. **PLATE UP** Plate up the loaded bulgur wheat. Top with the seasoned steak slices and the nut & sultana butter. Garnish with the remaining parsley.