



# 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<br><i>rinse &amp; roughly slice</i>                    |
| 150g     | 200g       | Corn                                                                 |
| 90g      | 120g       | Mixed Nuts<br><i>(45g [60g] Pecan Nuts &amp; 145g [60g] Almonds)</i> |
| 300g     | 400g       | Cucumber<br><i>rinse &amp; roughly dice</i>                          |
| 8g       | 10g        | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i>               |
| 2        | 2          | Lemons<br><i>rinse &amp; cut 1½ [2] into wedges</i>                  |
| 45g      | 60g        | Golden Sultanas<br><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.