



UCOOK

Herby Ostrich Salad

with bulgur wheat & a fresh parsley dressing

Fork & knife ready, Chef? Good, because you will soon need them to delve into a plate of bulgur wheat loaded with shredded cabbage, charred corn, and golden-caramelised onions, which are all coated in a fresh parsley & lemon juice dressing. Topped with butter-basted slices of juicy ostrich and finished with toasted sunflower seeds.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Megan Bure

 Simple & Save

 No paired wines

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Ingredients & Prep

225ml	Bulgur Wheat <i>rinsed</i>
30g	Sunflower Seeds
2	Onions <i>1½ peeled & roughly sliced</i>
120g	Corn
450g	Ostrich Strips
15ml	NOMU Provençal Rub
60ml	Lemon Juice
8g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
300g	Cabbage <i>rinsed & thinly sliced</i>

From Your Kitchen

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

1. BEGIN WITH BULGUR Boil the kettle. Place the rinsed bulgur wheat in a pot with 450ml 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. SUNNY 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.

3. GOLDEN ONION & CHARRED CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onion until golden, 6-7 minutes (shifting occasionally). Add the corn and fry until lightly charred, 4-6 minutes (shifting occasionally). Season, remove from the pan, and set aside.

4. BUTTER-BASTED OSTRICH Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. You may need to do this step in batches.

5. ZESTY DRESSING In a small bowl, combine the lemon juice with ½ the chopped parsley, a drizzle of olive oil, and seasoning.

6. LOADED BULGUR To the pot of bulgur, toss through the shredded cabbage, the charred corn & onions, ½ the lemon & parsley dressing, and seasoning.

7. TIME TO EAT! Plate up the loaded bulgur and top with the tender ostrich. Drizzle with the remaining dressing. Scatter over the toasted seeds and the remaining parsley. Delicious, Chef!

Nutritional Information

Per 100g

Energy	505kj
Energy	121kcal
Protein	9.4g
Carbs	15g
of which sugars	2.6g
Fibre	3g
Fat	2.4g
of which saturated	0.5g
Sodium	64mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within
4 Days