



UCCOOK

Harissa Ostrich Bulgur Bowl

with bell pepper & baby marrow

An aromatic Pesto Princess Harissa Paste infuses flavour into fluffy bulgur wheat, golden baby marrows, bell peppers, browned ostrich mince, & spring onion. Garnished with fresh parsley.

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Jenna Peoples

*New Calorie Conscious

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Ingredients & Prep

125ml	Bulgur Wheat
450g	Free-range Ostrich Mince
3	Spring Onions <i>rinse, trim & finely slice</i>
2	Bell Peppers <i>rinse, deseed & cut into bite-sized pieces</i>
450g	Baby Marrow <i>rinse, trim, peel & cut into bite-sized pieces</i>
30ml	Pesto Princess Harissa Paste
8g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. BEGIN THE BULGUR Boil the kettle. Place the 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. VEGGIE MEDLEY Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Add the sliced spring onion, the diced peppers, and the diced baby marrows. Fry until turning golden and al dente, 7-8 minutes (shifting occasionally). Mix in the cooked bulgur, the harissa paste, and 150ml of water. Simmer until almost all the water has evaporated, 4-5 minutes. Remove from the heat and season.

3. TIME TO DINE Bowl up the loaded bulgur and top with a sprinkle of the chopped parsley. Well done, Chef!

Nutritional Information

Per 100g

Energy	323kj
Energy	77kcal
Protein	6.6g
Carbs	8g
of which sugars	2g
Fibre	2g
Fat	2.6g
of which saturated	0.6g
Sodium	45.4mg

Allergens

Gluten, Allium, Wheat, Sulphites

Eat
Within
4 Days