



# QCOOK

## Mediterranean Ostrich & Hummus

with herby tomato & sunflower seeds

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Rhea Hsu

**Wine Pairing:** Piekenierskloof | Grenache Noir

Nutritional Info	Per 100g	Per Portion
Energy	594kJ	2949kJ
Energy	142kcal	706kcal
Protein	10.1g	50.1g
Carbs	14g	72g
of which sugars	1.6g	7.8g
Fibre	2.9g	14.6g
Fat	5.1g	25.1g
of which saturated	1.1g	5.5g
Sodium	205mg	1018mg

**Allergens:** Sulphites, Gluten, Sesame, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

---

Serves 3	[Serves 4]	
225ml	300ml	Bulgur Wheat
2	2	Tomatoes <i>rinse &amp; roughly dice 1½ [2]</i>
8g	10g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
30g	40g	Sunflower Seeds
450g	600g	Free-range Ostrich Chunks
30ml	40ml	NOMU Moroccan Rub
150g	200g	Cucumber <i>rinse &amp; cut into rounds</i>
150ml	200ml	Hummus
150ml	200ml	Tzatziki

## From Your Kitchen

---

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

**1. COOK THE BULGUR** Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] 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. DRESSED TOMATO** In a small bowl, combine the tomato, ½ the parsley, a drizzle of olive oil, and seasoning. Set aside.

**3. GOLDEN 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.

**4. FRY THE MEAT** Return the pan to high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 3-4 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season.

**5. BOWL IT UP** Plate up the bulgur. Serve with the seared ostrich, the cucumber and the herby tomato. Side with the hummus and tzatziki. Garnish with the remaining parsley and the sunflower seeds. Great work, Chef!