

UCOOK

Ostrich Fillet & Tabbouleh

with dried apricots, sunflower seeds & fresh parsley

Traditionally served as part of a mezze course in the Middle East, similar to Italian antipasti or Spanish tapas, we're turning tabbouleh into the herbaceous and fresh base of this main course. Featuring zesty lemon juice, peppery parsley, sweet dried apricots, & tangy baby tomatoes. Topped with buttery slices of ostrich.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 4 People

Chef: Rhea Hsu

Quick & Easy

Doos Wine | Doos Dry Red 3L

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Ingredients & Prep

400ml	Bulgur Wheat
20g	Sunflower Seeds
600g	Free-range Ostrich Fillet
40ml	NOMU Moroccan Rub
60ml	Lemon Juice
320g	Baby Tomatoes <i>rinse & cut in half</i>
40g	Fresh Parsley <i>rinse, pick & roughly chop</i>
2	Spring Onions <i>rinse, trim & finely slice</i>
60g	Dried Apricots <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)

1. BULGUR WHEAT Boil the kettle. Place the bulgur wheat in a pot with 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. 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.

2. BROWNE OSTRICH Return the pan to medium-high heat with a drizzle of oil. 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.

3. TASTY TABBOULEH In a salad bowl, combine the lemon juice, a drizzle of olive oil, a sweetener (to taste), and seasoning. Toss through the cooked bulgur, the halved tomato, the chopped parsley, $\frac{3}{4}$ of the sliced spring onion (to taste), the chopped dried apricots, and the toasted sunflower seeds.

4. MOROCCAN MEAL Plate up the herby tabbouleh. Top with the ostrich slices and drizzle over any pan juices. Sprinkle over the remaining spring onion. Dig in, Chef!

Nutritional Information

Per 100g

Energy	639kJ
Energy	153kcal
Protein	11.8g
Carbs	22g
of which sugars	3.3g
Fibre	4.2g
Fat	2.4g
of which saturated	0.5g
Sodium	136mg

Allergens

Gluten, Allium, Wheat, Sulphites

Eat
Within
4 Days