



UCCOOK

Pesto Bulgur Salad & Ostrich Steak

with tomatoes, cucumber & **NOMU Moroccan Rub**

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Estate Merlot

Nutritional Info	Per 100g	Per Portion
Energy	525kJ	2360kJ
Energy	126kcal	565kcal
Protein	10.4g	46.8g
Carbs	13g	61g
of which sugars	1.5g	6.9g
Fibre	2.5g	11.1g
Fat	3.6g	16.1g
of which saturated	0.8g	3.8g
Sodium	103mg	464mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Tree Nuts

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Bulgur Wheat
480g	640g	Free-range Ostrich Steak
15ml	20ml	NOMU Moroccan Rub
150g	200g	Cucumber <i>rinse & dice</i>
2	2	Tomatoes <i>rinse & roughly dice</i>
150ml	200ml	Creamy Pesto <i>(90ml [120ml] Low Fat Plain Yoghurt & 60ml [80ml] Pesto Princess Basil Pesto)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

- 1. 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. NOW FOR THE PROTEIN** Place a pan over medium-high 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. LOADED BULGUR** In a bowl, combine the bulgur, the cucumber, the tomato, and seasoning.
- 4. O-YUM OSTRICH** Make a bed of the loaded bulgur and top with the ostrich slices. Dollop over the creamy pesto. Easy peasy, Chef!