



UCCOOK

Ostrich & Bulgur Wheat

with crispy lentils & a mustard vinaigrette

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Simple & Save: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Zevenwacht | Estate Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	703kj	2547kj
Energy	168kcal	609kcal
Protein	15g	54.2g
Carbs	23.5g	85g
of which sugars	2.8g	10g
Fibre	5.5g	20.1g
Fat	2.3g	8.4g
of which saturated	0.5g	1.9g
Sodium	136mg	834mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Bulgur Wheat
180g	240g	Tinned Lentils <i>drain & rinse</i>
90ml	120ml	Mustard Vinaigrette <i>(60ml [80ml] Lemon Juice & 30ml [40ml] Wholegrain Mustard)</i>
480g	640g	Free-range Ostrich Steak
15ml	20ml	NOMU Italian Rub
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
60g	80g	Piquanté Peppers <i>drain & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

1. BULGUR WHEAT 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. CRISPY LENTILS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the lentils until golden and crispy, 8-10 minutes (shifting occasionally). Remove from the pan and season.

3. DO THE DRESSING In a small bowl, combine the mustard vinaigrette with 15ml [20ml] of sweetener, 60ml [80ml] of olive oil, and seasoning.

4. BASTE THE STEAK 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, reserving any pan juices, and set aside to rest for 5 minutes before slicing and seasoning.

5. LOADED BULGUR To the pot of bulgur wheat, mix through the salad leaves, the peppers, ½ the crispy lentils, and seasoning.

6. GRAB THE PLATES Serve up a bed of the loaded bulgur wheat and top with the ostrich slices. Drizzle over any reserved pan juices and the mustard vinaigrette. Scatter over the remaining crispy lentils and dig in!