



UCCOOK

Neil Ellis's Ostrich & Sultana Butter

with bulgur wheat & fresh mint

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Neil Ellis

Wine Pairing: Neil Ellis Wines | Neil Ellis The Left Bank
Cabernet Sauvignon Merlot

Nutritional Info	Per 100g	Per Portion
Energy	712.4kJ	3464.6kJ
Energy	170.4kcal	828.8kcal
Protein	10.8g	52.8g
Carbs	20.7g	100.9g
of which sugars	3.7g	18g
Fibre	3.9g	18.8g
Fat	5.2g	25.3g
of which saturated	0.7g	3.3g
Sodium	45.7mg	222.2mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Bulgur Wheat
1	2	Spring Onion/s <i>rinse & roughly slice</i>
50g	100g	Corn
30g	60g	Mixed Nuts <i>(15g [30g] Pecan Nuts & 15g [30g] Almonds)</i>
100g	200g	Cucumber <i>rinse & roughly dice</i>
3g	5g	Fresh Mint <i>rinse, pick & roughly chop</i>
15ml	30ml	Lemon Juice
15g	30g	Golden Sultanas <i>roughly chop</i>
160g	320g	Free-range Ostrich Steak
5ml	10ml	NOMU One For All Rub

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. **BULGUR WHEAT** Boil the kettle. Place the bulgur wheat in a pot with 200ml [400ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

2. **ONION & CORN** Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 2-3 minutes (shifting occasionally). Add the corn and fry until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and place into the bowl with the bulgur. Roughly chop the mixed nuts, and add ½ to the cooked bulgur along with the cucumber, ⅔ of the mint, and ½ the lemon juice.

3. **STEAK** Place a clean pan over medium-high heat with 30g [60g] of butter. Once foaming, add the mixed nuts and the sultanas. Fry until the sultanas are plump, 1-2 minutes. Remove from the heat. Mix through the remaining lemon juice. Remove from the pan and set aside. Return the pan to medium-high heat. 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.

4. **PLATE UP** Plate up the loaded bulgur wheat. Top with the seasoned steak slices and the nut & sultana butter. Garnish with the remaining mint.