



# UCCOOK

## Ostrich & Bulgur Wheat

with crispy lentils & a mustard vinaigrette

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Simple & Save:** Serves 1 & 2

**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:

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Serves 1	[Serves 2]	
75ml	150ml	Bulgur Wheat
60g	120g	Tinned Lentils <i>drain &amp; rinse</i>
30ml	60ml	Mustard Vinaigrette <i>(20ml [40ml] Lemon Juice &amp; 10ml [20ml] Wholegrain Mustard)</i>
160g	320g	Free-range Ostrich Steak
5ml	10ml	NOMU Italian Rub
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
20g	40g	Piquanté Peppers <i>drain &amp; roughly chop</i>

## From Your Kitchen

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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 150ml[300ml] 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. **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, 6-8 minutes (shifting occasionally). Remove from the pan and season.

3. **DO THE DRESSING** In a small bowl, combine the mustard vinaigrette with 5ml [10ml] of sweetener, 20ml [40ml] 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!