



# UCOOK

## Moroccan Ostrich Ragu Butternut Boats

with middle-eastern tabbouleh & toasted seeds

There are so many good things going on in this dish and not enough words to adequately describe them. Perfectly dreamy roasted butternut squash topped with slow cooked rich and aromatic Moroccan ostrich ragu, served with a healthy tabbouleh salad and sprinklings of sunflower seeds. This is one of those recipes that makes you wonder at how something so simple can taste SO good.

**Hands-On Time:** 30 minutes

**Overall Time:** 60 minutes

**Serves:** 3 People

**Chef:** Ella Nasser

♥ Health Nut

🍷 Haute Cabrière | Chardonnay Pinot Noir

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## Ingredients & Prep

2	Butternuts <i>halved &amp; 1½ deseeded</i>
225ml	Bulgur Wheat
15g	Sunflower Seeds
2	Onions <i>1½ peeled &amp; finely diced</i>
450g	Free-range Ostrich Mince
30ml	NOMU Moroccan Rub
15ml	Tomato Paste
15ml	Beef Stock
240g	Baby Tomatoes <i>halved</i>
150g	Cucumber <i>diced</i>
8g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. DREAM BOATS** Preheat the oven to 200°C. Brush the butternut halves with oil and season. Place, cut-side down, on a roasting tray. Roast for 35-40 minutes until the flesh is soft and cooked through. Once cooked, to make room for the ostrich filling, scoop about 1cm of flesh from the seed compartment and reserve.

**2. FLUFFY BULGAR** Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 300ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. Fluff up with the fork on completion, replace the plate, and set aside.

**3. CRUNCHY SEEDS** Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

**4. RAGU FOR YOU** Return the pan to a medium heat with a drizzle of oil. When hot, sauté the diced onion for 5-6 minutes until soft and translucent. Add in the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 5-6 minutes until browned, stirring occasionally. Stir through the Moroccan rub, tomato paste and some of the reserved butternut flesh. Fry for 1-2 minutes then reduce the heat to low. Add the beef stock and 375ml of water. Simmer for 12-15 minutes until reduced and thick, stirring occasionally to prevent it from sticking. If too thick, loosen with a little water.

**5. TASTY TABBOULEH** Add the halved baby tomatoes, diced cucumber and the cooked bulgur wheat to a salad bowl. Toss together with  $\frac{3}{4}$  of the chopped parsley, a pinch of salt, and a drizzle of olive oil.

**6. A SOUL WARMING FEAST** Plate up the golden butternut boats and spoon the ostrich ragu mixture into the hollows dividing evenly. Sprinkle over the remaining chopped parsley and toasted sunflower seeds. Serve with the tabbouleh salad on the side. Hearty and warming!

## Nutritional Information

Per 100g

Energy	436kJ
Energy	104Kcal
Protein	6.6g
Carbs	13g
of which sugars	1.9g
Fibre	2.5g
Fat	2.6g
of which saturated	0.6g
Sodium	178mg

## Allergens

Gluten, Allium, Wheat, Sulphites

Cook  
within  
4 Days