



UCCOOK

Pesto Bulgur Salad & Ostrich Steak

with tomatoes, cucumber & NOMU Moroccan Rub

Dinner is sorted! Bulgur wheat is loaded with juicy cucumber and diced tomatoes, then topped with Moroccan-flavoured ostrich steak slices. A generous dollop of creamy pesto completes this lip-smacking meal.

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Kate Gomba

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Pinotage

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Ingredients & Prep

300ml	Bulgar Wheat
640g	Ostrich Steak
20ml	NOMU Moroccan Rub
200g	Cucumber <i>rinse & dice</i>
2	Tomatoes <i>rinse & roughly dice</i>
160ml	Creamy Pesto <i>(120ml Low Fat Plain Yoghurt & 40ml Pesto Princess Basil Pesto)</i>

From Your Kitchen

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

1. BULGUR Boil the kettle. Place the bulgur wheat in a pot with 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 cooked bulgur, the diced cucumber, the diced 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!

Nutritional Information

Per 100g

Energy	500kj
Energy	120kcal
Protein	10.5g
Carbs	14g
of which sugars	1.5g
Fibre	2.5g
Fat	2.8g
of which saturated	0.7g
Sodium	93mg

Allergens

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

Eat
Within
4 Days