



# UCCOOK

## Epic Ostrich Steak Bites

with a loaded bulgur salad

Ostrich goulash is seasoned in an African spice rub and basted in garlic & butter. Accompanied by a loaded bulgur salad containing crisp radishes, crunchy cucumber, fresh green leaves, pops of pumpkin seeds, baby tomatoes and creamy bocconcini. Finished with a drizzle of chimichurri dressing for punch.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People


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**Chef:** Kate Gomba

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 Fan Faves

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 Waterford Estate | Waterford Pecan Stream  
Chenin Blanc 2021

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## Ingredients & Prep

150ml	Bulgur Wheat
20g	Pumpkin Seeds
300g	Free-range Ostrich Chunks
20ml	NOMU African Rub
1	Garlic Clove <i>peeled &amp; grated</i>
40ml	Princess Pesto Chimichurri
200g	Baby Tomatoes <i>rinsed &amp; halved</i>
100g	Cucumber <i>cut into half-moons</i>
40g	Radish <i>rinsed &amp; thinly sliced</i>
40g	Green Leaves <i>rinsed &amp; roughly shredded</i>
4	Bocconcini Balls <i>drained &amp; quartered</i>
8g	Fresh Oregano <i>rinsed &amp; picked</i>

## From Your Kitchen

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

**1. BULGUR ON THE RISE** Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 200ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 15-20 minutes until cooked and tender. Fluff up with a fork, replace the plate, and set aside.

**2. PUMPIN' SEEDS** Place the pumpkin seeds in a pan over medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan and set aside to cool.

**3. SMALL BITES WITH BIG FLAVOUR** Pat the ostrich chunks dry with paper towel. Coat in the rub and seasoning. Return the pan to a medium-high heat with a drizzle of oil. When hot, add the ostrich and fry for 2-3 minutes per side until browned. In the final minute, baste with a knob of butter and the grated garlic. Remove from the heat.

**4. QUICK PREP** Loosen the chimichurri sauce with oil in 10ml increments until drizzling consistency. In a salad bowl, combine the bulgur wheat, the halved tomatoes, the cucumber half-moons, the sliced radish, the shredded green leaves, the bocconcini quarters, seasoning, and the toasted pumpkin seeds.

**5. WOWZER!** Make a bed of the bulgur salad. Scatter over the steak bites and drizzle over the chimichurri sauce. Garnish with the picked oregano. Go for it, Chef!

## Nutritional Information

Per 100g

Energy	559kJ
Energy	138kcal
Protein	10.4g
Carbs	13g
of which sugars	1.5g
Fibre	3.1g
Fat	4.4g
of which saturated	1.4g
Sodium	164mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days