

UCCOOK

Ostrich Steak & Pesto Bulgur Bowl

with roasted veg

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Simple & Save: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Villiera Wines | Villiera Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	424kJ	3213kJ
Energy	101kcal	769kcal
Protein	6.4g	48.7g
Carbs	13g	99g
of which sugars	2.4g	17.8g
Fibre	2.5g	18.7g
Fat	2.4g	18g
of which saturated	0.5g	3.7g
Sodium	87mg	658mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
225ml	300ml	Bulgur Wheat
480g	640g	Free-range Ostrich Steak
30ml	40ml	NOMU Italian Rub
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
75ml	100ml	Pesto Princess Basil Pesto

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

- 1. VEGGIE MEDLEY** Preheat the oven to 200°C. Spread the butternut and onion on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).
- 2. BEGIN THE BULGUR** Boil the kettle. Place the bulgur wheat in a pot with 450ml [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.
- 3. O-YUM OSTRICH** Place a pan over 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 and set aside to rest for 5 minutes before slicing and seasoning.
- 4. COLOURFUL CUISINE** In a bowl, combine the bulgur, tomato, roast veg, ¾ of the pesto, and seasoning. In a separate bowl, loosen the remaining pesto with water in 5ml increments until a drizzling consistency.□□□
- 5. AND PRESTO!** Make a bed of the loaded bulgur and top with the ostrich strips. Drizzle over the pesto. Easy peasy, Chef!