



UCOOK

Hummus & Venison Bowl

with tomato, Danish-style feta & pumpkin seeds

These golden-brown meatballs, a Middle-Eastern take on this classic, are complemented with fluffy bulgur wheat, creamy hummus, salty feta, and fresh veggies. Finished with toasted pumpkin seeds.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Megan Bure

 ***NEW Simple & Save**

 **Strandveld | First Sighting Shiraz**

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Ingredients & Prep

300ml	Bulgur Wheat
2	Tomatoes <i>1½ roughly diced</i>
30g	Pumpkin Seeds
450g	Venison Mince
30ml	NOMU Moroccan Rub
150g	Cucumber <i>sliced into half-moons</i>
60g	Danish-style Feta <i>drained</i>
125ml	Hummus

From Your Kitchen

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

1. BULGUR WHEAT Boil the kettle. Place the bulgur wheat in a bowl with 300ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and set aside until rehydrated, 15-20 minutes. Fluff with a fork.

2. TANGY TOMATOES In a small bowl, combine the diced tomato, a drizzle of olive oil, and seasoning. Set aside.

3. PUMPKIN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. MEATBALLS PREP Place the venison mince in a bowl with the NOMU rub. Mix until combined and season. Roll into 9 balls.

5. BROWNE KFTAS Return the pan to medium-high heat. When hot, fry the meatballs until browned and cooked through, 2-4 minutes (shifting as they colour).

6. BOWL IT UP Bowl up the bulgur wheat. Serve with the venison meatballs, the cucumber half-moons, the dressed tomato, the drained feta, and the hummus. Garnish with the pumpkin seeds. Great work, Chef!

Nutritional Information

Per 100g

Energy	709kJ
Energy	170kcal
Protein	15.1g
Carbs	18g
of which sugars	1.2g
Fibre	3.6g
Fat	4.1g
of which saturated	1.7g
Sodium	127mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook
within
4 Days