



UCCOOK

Dill & Beef Bulgur Bowl

with charred corn

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Simple & Save: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Paul Cluver | Village Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	571kJ	2143kJ
Energy	137kcal	513kcal
Protein	12.8g	48g
Carbs	18g	68g
of which sugars	0.8g	3.2g
Fibre	3g	11.3g
Fat	1.6g	6g
of which saturated	0.6g	2.2g
Sodium	131mg	490mg

Allergens: Cow's Milk, Gluten, Allium, Wheat

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3

[Serves 4]

225ml	300ml	Bulgur Wheat
120g	160g	Corn
150g	200g	Cucumber <i>rinse & roughly dice</i>
60g	80g	Salad Leaves <i>rinse & finely shred</i>
450g	600g	Beef Schnitzel (without crumb)
22,5ml	30ml	NOMU Roast Rub
8g	10g	Fresh Dill <i>rinse, pick & roughly chop</i>
90ml	120ml	Low Fat Plain Yoghurt

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

Paper Towel

1. 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.

2. SWEET CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

3. GO FOR GREEN Add the cucumber, the corn, and the salad leaves to the bulgur, and season.

4. SEAR THE SCHNITZEL Place a pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 20-30 seconds per side. In the final 10 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season.

5. HERBY YOGHURT In a bowl, combine the dill, the yoghurt, and seasoning.

6. WELL DONE! Dish up the bulgur salad, side with the schnitzel, and dollop over the dill yoghurt.