



UCCOOK

Ostrich & Pesto Bulgur Bowl

with fresh basil & tomato

Don't be fooled by the minimal ingredients for this recipe, Chef, because once cooked and combined, this dish brings maximum flavour. A bed of bulgur wheat is loaded with silky onion pearls & fresh tomato. This is topped with browned ostrich strips and a pesto dressing. Garnished with fresh basil.


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Kate Gomba

 Simple & Save

 Cathedral Cellar Wines | Cathedral Cellar-
Cabernet Sauvignon 2021

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Ingredients & Prep

225ml	Bulgur Wheat
6	Pearled Baby Onions <i>peel & thinly slice</i>
450g	Ostrich Strips
2	Tomatoes <i>rinse & dice</i>
60ml	Pesto Princess Basil Pesto
8g	Fresh Basil <i>rinse & thinly slice</i>

From Your Kitchen

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

1. BEGIN WITH THE BULGUR Boil the kettle. Place the bulgur wheat in a pot with 450ml 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. SOFT, SILKY ONION Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 6-7 minutes (shifting occasionally).

3. NOW FOR THE PROTEIN Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season. You may need to do this step in batches.

4. COMBINE, THEN DINE! In a bowl, combine the cooked bulgur, the diced tomato, the fried onion, $\frac{3}{4}$ of the pesto, and seasoning. In a separate bowl, loosen the remaining pesto with water in 5ml increments until drizzling consistency.

5. O-YUM OSTRICH Make a bed of the loaded bulgur and top with the ostrich strips. Drizzle over the loosened pesto and garnish with the sliced basil. Easy peasy, Chef!

Nutritional Information

Per 100g

Energy	669kJ
Energy	160kcal
Protein	11.1g
Carbs	16g
of which sugars	2g
Fibre	2.9g
Fat	6.5g
of which saturated	1.4g
Sodium	75mg

Allergens

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

Cook
within
4 Days