

Eat Within 5 Days

QCOOK

Ostrich & Pesto Bulgur Bowl

with golden onions & fresh tomatoes

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Villiera Wines | Villiera Merlot

Nutritional Info	Per 100g	Per Portion
Energy	613kJ	3205kJ
Energy	147kcal	767kcal
Protein	8.5g	44.4g
Carbs	14g	73g
of which sugars	2.1g	10.8g
Fibre	2.7g	13.9g
Fat	6.3g	32.9g
of which saturated	1.3g	6.6g
Sodium	152mg	794mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Bulgur Wheat
2	2	Onions *peel & roughly slice 1½ [2]*
450g	600g	Free-range Ostrich Chunks
30ml	40ml	NOMU Italian Rub
3	4	Tomatoes *rinse & dice*
125ml	160ml	Pesto Princess Basil Pesto

From Your Kitchen

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

1. BEGIN WITH 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. SOFT, SILKY ONION Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 6-7 minutes (shifting occasionally). Remove from the pan.

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). In the final 30-60 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season.

4. COMBINE, THEN DINE! In a bowl, combine the bulgur, tomato, onion, ¾ of the pesto, and seasoning. In a separate bowl, loosen the remaining pesto with water in 5ml increments until a drizzling consistency.

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