



U C O O K

— COOKING MADE EASY

East & West Ostrich Steak

with a **Mexican spice basting** & a **Moroccan-style bulgur salad**

Mexico meets Morocco! They hit it off. They collaborate to create this fusion of complementary tastes – dates, pickled peppers, parsley, and spices – all revolving around succulent slices of ostrich.

Hands-On Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Alex Levett



Health Nut

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Ingredients & Prep

1	Onion <i>one half peeled & roughly chopped</i>
7.5ml	NOMU Moroccan Rub
75ml	Bulgur Wheat
50ml	Hummus
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
1	Lemon <i>one half zested & cut into wedges</i>
160g	Ostrich Steak
7.5ml	NOMU Mexican Spice Blend
50g	Pickled Bell Peppers <i>drained & roughly chopped</i>
20g	Pitted Dates <i>roughly chopped</i>
20g	Baby Spinach <i>rinsed</i>

From Your Kitchen

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

1. FRAGRANT BULGUR Boil the kettle. Place a pot over a medium heat with a drizzle of oil. When hot, fry the chopped onion for 3-4 minutes until soft and translucent, shifting occasionally. Add the Moroccan Rub to taste and sauté for another minute until fragrant. Stir through the bulgur wheat, then turn off the heat. Pour in 200ml of boiling water and give another stir. Pop on a lid and set aside to steam for 15-20 minutes until the bulgur is cooked and tender.

2. MIX UP YOUR DRESSING Place the hummus in a small bowl with three-quarters of the chopped parsley. Squeeze in the juice of 1 lemon wedge and mix well to combine. Loosen with water in 5ml increments until drizzling consistency. Season to taste and set aside for serving.

3. SIZZLING STEAK Place a pan over a medium heat with a drizzle of oil. Pat the steak dry with paper towel and season. When the pan is hot, fry the steak for 6-8 minutes, shifting and turning until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) During the final 1-2 minutes, baste the steak with a knob of butter (optional) and the Mexican spice blend to taste. Remove from the pan on completion and set aside to rest for 5 minutes before thinly slicing.

4. TOSS IT ALL TOGETHER Once the bulgur is cooked, fluff up with a fork and mix in the chopped pickled peppers and dates. Toss through some seasoning and the lemon zest to taste. Toss the rinsed baby spinach with some olive oil and a squeeze of lemon juice, and get ready to munch!

5. A FUSION FLAVOUR BURST Make a bed of baby spinach and spoon over the Moroccan-style bulgur wheat. Top with the Mexican-spiced ostrich steak slices, drizzle over the tangy hummus, and garnish with the remaining parsley. Stunning stuff, Chef!



Chef's Tip

Spinach is rich in vitamin K. This micronutrient is vital for wound healing, bone health, important cognitive functions, and lowering blood pressure. Add baby spinach to sauces or smoothies for a vitamin K kick!

Nutritional Information

Per 100g

Energy	573kJ
Energy	137Kcal
Protein	10.1g
Carbs	18g
of which sugars	6.4g
Fibre	2.8g
Fat	2.4g
of which saturated	0.6g
Sodium	383mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites

Cook
within
4 Days