

Eat Within 5 Days

# QCOOK

## Ostrich & Pesto Bulgur Bowl

**with golden onions & fresh tomatoes**

**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

**Simple & Save:** Serves 1 & 2

**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 1 | [Serves 2] | |
|---|---|---|
| 75ml | 150ml | Bulgur Wheat |
| 1 | 1 | Onion<br>*peel & roughly slice ½ [1]* |
| 150g | 300g | Free-range Ostrich Chunks |
| 10ml | 20ml | NOMU Italian Rub |
| 1 | 2 | Tomato/es<br>*rinse & dice* |
| 40ml | 80ml | 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 150ml [300ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 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, 4-5 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!