



# UCOOK

## 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.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People


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**Chef:** Kate Gomba

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 Simple & Save

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 Cathedral Cellar Wines | Cathedral Cellar-  
Cabernet Sauvignon 2021

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## Ingredients & Prep

150ml	Bulgur Wheat
4	Pearled Baby Onions <i>peel &amp; thinly slice</i>
300g	Ostrich Strips
1	Tomato <i>rinse &amp; dice</i>
40ml	Pesto Princess Basil Pesto
5g	Fresh Basil <i>rinse &amp; 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 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 sliced onion until golden, 4-5 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.

**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