

QCOOK

Ostrich & Lemon Tabbouleh

with gem squash

Hands-on Time: 35 minutes

Overall Time: 50 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	355kj	2076.5kj
Energy	84.9kcal	496.8kcal
Protein	6.8g	40g
Carbs	8g	47g
of which sugars	0.8g	4.7g
Fibre	2.3g	13.2g
Fat	2.5g	14.4g
of which saturated	0.6g	3.5g
Sodium	23.7mg	138.6mg

Allergens: Gluten, Wheat, Allium

Spice Level: None

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Gem Squash <i>rinse, halve & deseed</i>
16g	10g	Mixed Herbs <i>(8g [10g] Fresh Coriander & 8g [10g] Fresh Mint)</i>
120ml	160ml	Bulgur Wheat
450g	600g	Free-range Ostrich Chunks
7,5ml	10ml	Dried Thyme
120g	160g	Peas
3	4	Spring Onions <i>rinse, trim & finely slice</i>
240g	320g	Baby Tomatoes <i>rinse & cut into quarters</i>
90ml	120ml	Lemon Juice

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Paper Towel

Cooking Spray

1. GEM SQUASH AND HERBS Preheat the oven to 200°C. Place the gem squash halves on a roasting tray, cut-side up. Lightly coat in cooking spray and season. Roast in the hot oven until soft, 30-35 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes. Rinse, pick and roughly chop the mixed herbs.

2. BULGUR WHEAT Boil the kettle. Place the bulgur wheat in a pot with 150ml [300ml] of boiling water, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

3. O-YUM OSTRICH Place a pan over medium heat. Pat the ostrich dry with paper towel and lightly coat with cooking spray. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. TASTY TABBOULEH Add the peas, the spring onion, the baby tomatoes, the herbs, and the lemon juice (to taste), to the bulgur.

5. A GREAT PLATE OF FOOD Plate up the tabbouleh, top with the ostrich, and side with the gem squash. Well done, Chef!