



UCCOOK

Ostrich Fillet & Sultana Butter

with bulgur wheat & fresh parsley

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	539kJ	3669kJ
Energy	129kcal	878kcal
Protein	7.8g	53g
Carbs	18g	120g
of which sugars	3.4g	23g
Fibre	3.7g	24.9g
Fat	3.7g	25.4g
of which saturated	0.5g	3.2g
Sodium	33mg	224mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Bulgar Wheat
1	2	Spring Onion/s <i>rinse & roughly slice</i>
50g	100g	Corn
30g	60g	Mixed Nuts <i>(15g [30g] Pecan Nuts & 15g [30g] Almonds)</i>
100g	200g	Cucumber <i>rinse & roughly dice</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
1	1	Lemon <i>rinse & cut ½ [1] into wedges</i>
15g	30g	Golden Sultanas <i>roughly chop</i>
150g	300g	Free-range Ostrich Fillet
5ml	10ml	NOMU One For All Rub

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

1. BULGUR WHEAT Boil the kettle. Place the bulgur wheat in a pot with 200ml [400ml] 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. ONION & CORN Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 2-3 minutes (shifting occasionally). Add the corn and fry until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and place into the bowl with the bulgur. Roughly chop the mixed nuts, and add ½ to the cooked bulgur along with the cucumber, ⅔ of the parsley, and the juice from 1 [2] lemon wedge/s

3. STEAK Place a clean pan over medium-high heat with 30g [60g] of butter. Once foaming, add the mixed nuts and the sultanas. Fry until the sultanas are plump, 1-2 minutes. Remove from the heat. Mix through the juice of 1 [2] lemon wedge/s. Remove from the pan and set aside. Return the pan to medium-high heat. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. PLATE UP Plate up the loaded bulgur wheat. Top with the seasoned steak slices and the nut & sultana butter. Garnish with the remaining parsley.