



UCCOOK

Ostrich & Pesto Bulgur Salad

with pickled peppers, cucumber & **NOMU Moroccan Rub**

Dinner is sorted! Bulgur wheat is loaded with juicy cucumber, fragrant fried onion, sweet pickled peppers, then topped with Moroccan-flavoured ostrich strips. A generous dollop of pesto yoghurt completes this lip-smacking meal.


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Kate Gomba

 ***NEW Simple & Save**

 **Simonsig | Pinotage**

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Ingredients & Prep

225ml	Bulgur Wheat
2	Onions
150g	Cucumber
75g	Pickled Bell Peppers
90ml	Low Fat Plain Yoghurt
60ml	Pesto Princess Basil Pesto
450g	Ostrich Strips
30ml	NOMU Moroccan Rub

From Your Kitchen

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

1. BEGIN WITH THE BULGUR Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 300ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 15-20 minutes until cooked. Fluff up with a fork, replace the plate, and set aside.

2. FOR THE FRESHNESS Peel and slice 1½ of the onions. Cut the cucumber into matchsticks. Drain and roughly chop the pickled peppers. In a small bowl, combine the yoghurt and the pesto. Season and set aside.

3. SOFT, SILKY ONION Place a pan over medium-high heat with a drizzle of oil. When hot, add the sliced onion and fry for 5-6 minutes until soft, shifting occasionally. In the final minute, baste with ½ the rub. Remove from the pan and set aside.

4. NOW FOR THE PROTEIN Return the pan to a high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When the pan is hot, fry the ostrich for 30-60 seconds per side. You may need to do this step in batches. In the final minute, baste with the remaining rub.

5. COMBINE, THEN DINE! In a bowl, combine the cooked bulgur, the cucumber matchsticks, the fried onion, the chopped pickled pepper, ¾ of the pesto yoghurt, and seasoning.

6. O-YUM OSTRICH Make a bed of the loaded bulgur and top with the ostrich strips. Dollop over the remaining pesto yoghurt. Easy peasy, Chef!

Nutritional Information

Per 100g

Energy	569kJ
Energy	136kcal
Protein	10.3g
Carbs	15g
of which sugars	2.8g
Fibre	2.6g
Fat	4.1g
of which saturated	0.9g
Sodium	229mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Tree Nuts

Cook
within
4 Days