



UCCOOK

Ostrich & Mint Bulgur Salad

with ricotta cheese

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Painted Wolf Wines | The Den Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	369kj	3078kj
Energy	88kcal	736kcal
Protein	6.4g	53.5g
Carbs	15.3g	127.9g
of which sugars	6.1g	50.7g
Fibre	2.8g	23.3g
Fat	1.6g	13g
of which saturated	0.7g	5.9g
Sodium	154mg	1286mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150ml	200ml	Bulgur Wheat
15ml	20ml	Vegetable Stock
30ml	40ml	Honey
30ml	40ml	NOMU Moroccan Rub
720g	960g	Carrot <i>rinse & cut into bite-sized chunks, across the diagonal</i>
9	12	Baby Onions <i>peel & halve</i>
450g	600g	Free-range Ostrich Fillet
15ml	20ml	NOMU One For All Rub
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
8g	10g	Fresh Mint <i>rinse, pick & roughly slice</i>
45ml	60ml	White Balsamic Vinegar
150g	200g	Ricotta Cheese

From Your Kitchen

Water
Seasoning (salt & pepper)
Oil (cooking, olive or coconut)
Paper Towel
Butter

1. BEGIN THE BULGUR Preheat the oven to 200°C. Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, the stock, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

2. SWEET & SPICED VEG In a bowl, combine the honey, NOMU Moroccan rub and olive oil. Toss through the carrot and baby onion and season well. Spread on a roasting tray and roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

3. O-YUM OSTRICH Place a pan over medium-high heat with a drizzle of oil. 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 One For All rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. SENSATIONAL SALAD In a salad bowl, toss together the bulgur wheat, the salad leaves, the mint and the white balsamic. Mix through the roast veg and top with the fillet slices. Crumble over the ricotta. Dinner is ready, Chef!