

UCOOK

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

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 |

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!

From Your Kitchen

Water

Seasoning (salt & pepper)

Oil (cooking, olive or coconut)

Paper Towel

Butter