



UCCOOK

Bulgur Wheat & Ostrich Buddha Bowl

with marinated tomatoes & red pepper hummus

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Neethlingshof | Malbec

Nutritional Info

	Per 100g	Per Portion
Energy	422kj	2738kj
Energy	101kcal	655kcal
Protein	9g	58.3g
Carbs	16g	106g
of which sugars	2.7g	17.4g
Fibre	4.2g	27.1g
Fat	1.6g	10.3g
of which saturated	0.4g	2.7g
Sodium	57mg	369mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Bulgur Wheat
150g	200g	Peas
2	2	Onions <i>peel & roughly slice</i>
180g	240g	Tinned Lentils <i>drain & rinse</i>
30ml	40ml	Red Wine Vinegar
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
15ml	20ml	Dried Thyme
480g	640g	Free-range Ostrich Steak
150ml	200ml	Red Pepper Hummus

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

Sugar/Sweetener/Honey

1. BULGUR WHEAT Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary. Mix through the peas, fluff with a fork, and set aside.

2. CARAMELISED ONIONS Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

3. LENTILS & TOMATOES Return the pan (with a lid) to medium-high heat with a drizzle of oil. When hot, toast the lentils until golden and crispy, 8-10 minutes (shifting occasionally). Remove from the pan and season. In a bowl, combine the vinegar, a drizzle of olive oil, and mix to emulsify. Add the tomatoes, toss to combine, season, and set aside.

4. OSTRICH Place a clean 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 (shifting occasionally). In the final 1-2 minutes, baste with a knob of butter and the thyme. Remove from the pan. Season and set aside.

5. DINNER IS READY Assemble the dish in buddha bowl style by placing the bulgur next to the lentils, tomato, caramelised onions, and the ostrich arranged alongside. Finish with dollops of hummus. Well done, Chef!