

U C O O K

— COOKING MADE EASY

Wholesome Ostrich Steak

with roast carrots, charred broccoli & a tangy bulgur wheat salad

A zingy bulgur salad with lightly pickled cucumber and piquanté peppers, overlaid with succulent ostrich steak. Served with crisp roast carrots and broccoli, fragrancd with NOMU's Moroccan Rub. And don't forget the key to any Moroccan-inspired meal: a hearty splash of hummus dressing!

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Fatima Ellemdeen



Health Nut

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Ingredients & Prep

240g	Carrot <i>peeled & cut into long wedges</i>
20ml	NOMU Moroccan Rub
300g	Broccoli Florets <i>cut into bite-size pieces</i>
150ml	Bulgur Wheat
10ml	Vegetable Stock
100g	Cucumber <i>diced</i>
50g	Piquanté Peppers <i>drained & roughly chopped</i>
5g	Fresh Coriander <i>rinsed & roughly chopped</i>
20ml	White Wine Vinegar
100ml	Hummus
320g	Ostrich Steak

From Your Kitchen

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

1. MOROCCAN-SPICED ROAST Preheat the oven to 200°C. Spread out the carrot wedges on a roasting tray. Coat in oil, half of the Moroccan Rub, and some seasoning. Roast in the hot oven for 30-35 minutes. Place the broccoli pieces in a bowl. Coat in oil, the remaining Moroccan Rub, and some seasoning. At the halfway mark, give the carrots a shift and add the broccoli pieces to the tray. Return to the oven for the remaining roasting time until the veggies are cooked through and crisping up.

2. COOK THE BULGUR Boil the kettle. Using a shallow bowl, submerge the bulgur wheat and the stock in 300ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes. Once cooked, fluff up with the fork.

3. PICKLED VEG & HUMMUS DRESSING Place the diced cucumber, the chopped piquanté peppers, and three-quarters of the chopped coriander in a salad bowl. Pour in the white wine vinegar and toss to coat. Season to taste and set aside to pickle. In a small bowl, combine the hummus with 2 tsp of olive oil and add water in 5ml increments until drizzling consistency. Season to taste and set aside for serving.

4. SEAR THE LEAN OSTRICH When the veggies reach the halfway mark, place a pan over a medium-high heat with a drizzle of oil. Pat the ostrich steaks dry with some paper towel. When the pan is hot, fry the steaks for 6-8 minutes, shifting and turning as they colour until browned and cooked to your preference. (The time frame recommended will yield a medium-rare result.) Remove from the pan on completion and set aside to rest for 5 minutes before thinly slicing. Lightly season the slices.

5. JUST BEFORE SERVING... Add the cooked bulgur wheat to the bowl of pickled veg and gently toss to combine.

6. DINNER AWAITS! Serve up some crispy carrot wedges and charred broccoli alongside a mound of bulgur salad. Top with the slices of ostrich steak, a drizzle of hummus dressing, and a sprinkling of the remaining chopped coriander. Well done, Chef!



Chef's Tip

Broccoli is very high in vitamin C – even more so than oranges! Vitamin C supports the immune system and assists the body's responses that fight foreign pathogens. Steam, roast, or pan fry some broccoli for a delicious vitamin C injection into just about any meal!

Nutritional Information

Per 100g

Energy	413kJ
Energy	99Kcal
Protein	7.1g
Carbs	15g
of which sugars	3g
Fibre	3.4g
Fat	1.6g
of which saturated	0.4g
Sodium	232mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites

Cook
within
4 Days