



Eat Within 4 Days

UCCOOK

Ostrich & Lemon Tabbouleh

with gem squash

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	307kj	1992kj
Energy	74kcal	477kcal
Protein	5.9g	38.6g
Carbs	7g	44g
of which sugars	1g	4g
Fibre	2g	11g
Fat	2.2g	14.2g
of which saturated	0.5g	3.5g
Sodium	22.4mg	144.9mg

Allergens: Gluten, Allium, Wheat

Ingredients & Prep Actions:

Serves 3 [Serves 4]

3	4	Gem Squash <i>rinse, halve & deseed</i>
8g	10g	Fresh Coriander
16g	20g	Herb Mix <i>(8g [10g] Fresh Mint & 8g [10g] Fresh Parsley)</i>
120ml	160ml	Bulgur Wheat
450g	600g	Free-range Ostrich Chunks
7,5ml	10ml	Dried Thyme
300g	400g	Cucumber <i>rinse & roughly dice</i>
3	4	Spring Onions <i>rinse, trim & finely slice</i>
240g	320g	Baby Tomatoes <i>rinse & cut into quarters</i>
90ml	125ml	Lemon Juice

From Your Kitchen

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

1. GEM SQUASH AND HERBS Coat the gem squash in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway). Rinse, pick and roughly chop the coriander and the mixed herbs.

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

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, 3-4 minutes (shifting occasionally). In the final minute, spice with the thyme. Remove from the pan. Season and set aside.

4. TASTY TABBOULEH Add the cucumber, the spring onion, the baby tomatoes, the herbs, and the lemon juice (to taste), to the bulgur.

5. A GREAT PLATE OF FOOD Plate up the tabbouleh, top with the ostrich, and side with the gem squash. Well done, Chef!

Chef's Tip Place the gem squash in a pot, submerge in water, and place over high heat. Once boiling, cook until easily pierced through with a knife, 25-30 minutes.