



UCOOK

Epic Ostrich Steak Bites

with a loaded bulgur salad

Ostrich goulash is seasoned in an African spice rub and basted in garlic & butter. Accompanied by a loaded bulgur salad containing crisp radishes, crunchy cucumber, fresh green leaves, pops of pumpkin seeds, baby tomatoes and creamy bocconcini. Finished with a drizzle of chimichurri dressing for punch.


Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc 2021

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Ingredients & Prep

75ml	Bulgur Wheat
10ml	Pumpkin Seeds
150g	Free-range Ostrich Chunks
10ml	NOMU African Rub
1	Garlic Clove <i>peeled & grated</i>
20ml	Princess Pesto Chimichurri
100g	Baby Tomatoes <i>rinsed & halved</i>
50g	Cucumber <i>cut into half-moons</i>
20g	Radish <i>rinsed & thinly sliced</i>
20g	Green Leaves <i>rinsed & roughly shredded</i>
2	Bocconcini Balls <i>drained & quartered</i>
4g	Fresh Oregano <i>rinsed & picked</i>

From Your Kitchen

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

1. BULGUR ON THE RISE Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 100ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 15-20 minutes until cooked and tender. Fluff up with a fork, replace the plate, and set aside.

2. PUMPIN' SEEDS Place the pumpkin seeds in a pan over medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan and set aside to cool.

3. SMALL BITES WITH BIG FLAVOUR Pat the ostrich chunks dry with paper towel. Coat in the rub and seasoning. Return the pan to a medium-high heat with a drizzle of oil. When hot, add the ostrich and fry for 2-3 minutes per side until browned. In the final minute, baste with a knob of butter and the grated garlic. Remove from the heat.

4. QUICK PREP Loosen the chimichurri sauce with oil in 10ml increments until drizzling consistency. In a salad bowl, combine the bulgur wheat, the halved tomatoes, the cucumber half-moons, the sliced radish, the shredded green leaves, the bocconcini quarters, seasoning, and the toasted pumpkin seeds.

5. WOWZER! Make a bed of the bulgur salad. Scatter over the steak bites and drizzle over the chimichurri sauce. Garnish with the picked oregano. Go for it, Chef!

Nutritional Information

Per 100g

Energy	559kj
Energy	138kcal
Protein	10.4g
Carbs	13g
of which sugars	1.5g
Fibre	3.1g
Fat	4.4g
of which saturated	1.4g
Sodium	164mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days