



UCOOK

Thyme Ostrich & Bulgur Wheat

with crispy lentils & a mustard vinaigrette

Tender, thyme & butter-basted ostrich steak slices are served atop a bed of loaded bulgur wheat dotted with crispy lentils & piquanté peppers. The dish is finished off with a zesty mustard vinaigrette and more crispy lentils. Who said simple can't be fancy, Chef?

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Jade Summers

 **Simple & Save**

 **Waterkloof | Peacock Merlot**

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Ingredients & Prep

75ml	Bulgur Wheat
60g	Tinned Lentils <i>drained & rinsed</i>
15ml	Mustard Vinaigrette <i>(10ml Lemon Juice & 5ml Wholegrain Mustard)</i>
160g	Ostrich Steak
5ml	Dried Thyme
20g	Green Leaves <i>rinsed & roughly shredded</i>
10g	Piquanté Peppers <i>drained & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. BULGUR WHEAT Boil the kettle. Place the bulgur wheat in a pot with 150ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain (if necessary), fluff with a fork, and set aside.

2. CRISPY LENTILS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the drained lentils until golden and crispy, 6-8 minutes (shifting occasionally). Remove from the pan and season.

3. DO THE DRESSING In a small bowl, combine the mustard vinaigrette with 5ml of sweetener, 20ml of olive oil, and seasoning.

4. BASTE THE STEAK Return the pan to 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 dried thyme. Remove from the pan, reserving any pan juices, and set aside to rest for 5 minutes before slicing and seasoning.

5. LOADED BULGUR To the pot of bulgur wheat, mix through the shredded leaves, the chopped peppers, ½ the crispy lentils, and seasoning.

6. GRAB THE PLATES Serve up a bed of the loaded bulgur wheat and top with the ostrich slices. Drizzle over any reserved pan juices and the mustard vinaigrette. Scatter over the remaining crispy lentils and dig in!



Chef's Tip

Air fryer method: Coat the rinsed lentils in oil and season. Air fry at 200°C until crispy, 10-12 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	735kj
Energy	176kcal
Protein	16.2g
Carbs	24g
of which sugars	2.2g
Fibre	6.4g
Fat	2.5g
of which saturated	0.7g
Sodium	53mg

Allergens

Gluten, Dairy, Wheat, Sulphites

Cook
within
4 Days