

UCCOOK

Rosemary Venison & Creamy Spinach

with roasted carrot & a fresh salad

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 321kJ | 1967kJ |
| Energy | 77kcal | 470kcal |
| Protein | 9.8g | 59.8g |
| Carbs | 6g | 35g |
| of which sugars | 3g | 17g |
| Fibre | 2g | 12g |
| Fat | 1.5g | 8.9g |
| of which saturated | 0.5g | 3.3g |
| Sodium | 338.1mg | 2068.6mg |

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days



Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 240g | 480g | Carrot <i>rinse, trim & cut into bite-sized pieces on the diagonal</i> |
| 5ml | 10ml | NOMU Does Everything |
| 5g | 10g | Walnuts <i>roughly chop</i> |
| 160g | 320g | Free-range Venison Rump |
| 5ml | 10ml | Dried Rosemary |
| 1 | 2 | Garlic Clove/s <i>peel & grate</i> |
| 100g | 200g | Spinach <i>rinse</i> |
| 50ml | 100ml | Low Fat Cottage Cheese |
| 20g | 40g | Green Leaves <i>rinse</i> |
| 20g | 40g | Radish <i>rinse & slice into thin rounds</i> |
| 10ml | 20ml | Lemon Juice |

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the carrots on a roasting tray. Coat in cooking spray or a drizzle of oil, the NOMU rub, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway.)

2. TOAST Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. STEAK Return the pan to medium-high heat with cooking spray or a drizzle of oil. Pat the venison dry with paper towel. Sear the venison until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, add the rosemary (to taste). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. CREAMY SPINACH Return the pan to medium heat with cooking spray or a drizzle of oil (if necessary). Fry the garlic until fragrant, 30-60 seconds. Mix in the spinach and cook until wilted, 2-3 minutes. Remove from the heat, mix in the cottage cheese and loosen with a splash of warm water if it's too thick. Season.

5. SOME FRESHNESS In a salad bowl, combine the green leaves, the radish, the nuts, the lemon juice (to taste), and season.

6. DINNER IS READY Dish up the roasted carrots, side with the creamy spinach, and the venison slices. Serve alongside the fresh salad. Cheers, Chef!

Chef's Tip Creamy spinach is best enjoyed warm, so cover with a lid to keep it warm.