

UCOOK

Parmalat's Sage Butter & Venison

with roasted beetroot, broccoli & Parmalat's Lemon & Black Pepper Butter


Tender venison is perfectly cooked and adorned with a sage-infused burnt butter sauce. Accompanying this delectable protein is roasted beetroot and broccoli florets. Each bite is a symphony of rich flavours and textures that will leave you longing for more.


Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Parmalat

 Carb Conscious

 Harry Hartman | Somesay Shiraz

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

150g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized pieces</i>
100g	Broccoli Florets <i>cut into bite-sized pieces</i>
1	Red Onion <i>peeled & cut into wedges</i>
10g	Sunflower Seeds
1	Lemon <i>½ zested & cut into wedges</i>
160g	Free-range Venison Steak
4g	Fresh Sage <i>rinsed, picked & dried</i>
30g	Parmalat's Lemon & Black Pepper Butter
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. ROASTED BEETS Preheat the oven to 200°C. Spread out the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Place the broccoli pieces and onion wedges in a bowl. Coat in oil and seasoning. Set aside.

2. TOASTED SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. BROCC & ONION Once the beetroot has been roasting for 10 minutes, scatter over the dressed broccoli & onions and drizzle with the lemon juice. Return to the oven for the remaining roasting time.

4. BUTTERY VENISON Return the pan to medium-high heat with a drizzle of oil. Pat the venison dry with paper towel. When hot, sear the venison until browned, 2-3 minutes per side (for medium-rare). In the final minute, add the dried sage leaves. Remove from the heat, add Parmalat's Lemon & Black Pepper Butter. Remove the venison from the pan, reserving the pan juices. Rest for 2-3 minutes, slice, and season.

5. PLATE UP! Toss the rinsed green leaves through the roasted veg. Plate up the roast veg salad and side with the sage basted venison doused in the reserved butter pan juices. Scatter over the toasted seeds. There you have it, Chef!



Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	571kJ
Energy	137kcal
Protein	9.5g
Carbs	5g
of which sugars	1.7g
Fibre	1.9g
Fat	8.6g
of which saturated	4.4g
Sodium	205mg

Allergens

Dairy, Allium

Cook
within
4 Days