

# UCCOOK

## Moroccan Venison & Salsa

with potato chunks

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Calorie Conscious:** Serves 1 & 2

**Chef:** Ella Nasser

| <b>Nutritional Info</b> | Per 100g | Per Portion |
|-------------------------|----------|-------------|
| Energy                  | 334kJ    | 2063kJ      |
| Energy                  | 80kcal   | 493kcal     |
| Protein                 | 9.1g     | 56.3g       |
| Carbs                   | 8g       | 48g         |
| of which sugars         | 1g       | 9g          |
| Fibre                   | 1g       | 8g          |
| Fat                     | 1.2g     | 7.3g        |
| of which saturated      | 0.4g     | 2.7g        |
| Sodium                  | 207mg    | 1279mg      |

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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| Serves 1 | [Serves 2] |  |
|----------|------------|--|
| 200g     | 400g       | Potato<br><i>rinse, peel (optional) &amp; cut into bite-sized pieces</i> |
| 20g      | 40g        | Pitted Kalamata Olives<br><i>drain &amp; halve</i>                       |
| 1        | 1          | Tomato<br><i>rinse &amp; roughly dice</i>                                |
| 1        | 1          | Onion<br><i>peel &amp; finely dice ¼ [½]</i>                             |
| 100g     | 200g       | Cucumber<br><i>rinse &amp; roughly dice</i>                              |
| 3g       | 5g         | Fresh Oregano<br><i>rinse &amp; roughly chop</i>                         |
| 150g     | 300g       | Free-range Venison Strips  |
| 5ml      | 10ml       | NOMU Moroccan Rub  |
| 50ml     | 100ml      | Tzatziki   |

## From Your Kitchen

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Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray (or oil of your choice)

Oil (cooking, olive or coconut) (optional)

**1. ROAST** Preheat the oven to 200°C. Spread the potato on a roasting tray. Lightly coat in cooking spray or a drizzle of oil (optional), and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

**2. SIMPLE SALSA** In a bowl, combine the olives, the tomato, the onion (to taste), the cucumber and ½ the oregano. Season and set aside.

**3. NOMU-SPICED VENISON** Place a pan over medium-high heat. Pat the venison dry with paper towel and lightly coat with cooking spray or add a drizzle of oil to the pan (optional) and coat with the NOMU rub. When hot, sear the venison until browned, 2-3 minutes per side (for medium-rare). Remove from the pan and season.

**4. A TRIP TO GREECE** Plate up the roasted potato, the venison, and the tomato salsa. Side with the tzatziki, and scatter over the remaining oregano. A masterpiece, Chef!