



UCCOOK

Spicy Green Beans & Venison Strips

with a fresh radish & cucumber salad

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Nitída | Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	317kJ	1311kJ
Energy	76kcal	313kcal
Protein	11.9g	49.2g
Carbs	4g	17g
of which sugars	1.9g	7.9g
Fibre	1.6g	6.7g
Fat	1.1g	4.6g
of which saturated	0.5g	2.2g
Sodium	221mg	914mg

Allergens: Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Green Beans <i>rinse & halve</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Radish <i>rinse & slice into thin rounds</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
10ml	20ml	Lemon Juice
150g	300g	Free-range Venison Strips <i>pat dry</i>
7,5ml	15ml	NOMU One For All Rub

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

1. CHARRED BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 6-7 minutes (shifting occasionally). In the final 1-2 minutes, toss through the chilli, and a knob of butter. Remove from the pan, season, and cover.

2. ZESTY SALAD Place the salad leaves in a bowl. Toss with the radish, the cucumber, the lemon juice, a drizzle of olive oil, and seasoning. Set aside.

3. BUTTER-BASTED VENISON Return the pan to medium-high heat with a drizzle of oil and a knob of butter. Pat the strips dry with paper towel, coat in the NOMU rub, and season. Sear the venison until browned, 30-60 seconds per side. Remove from the pan and reserve any pan juices.

4. A MOUTHWATERING MEAL Bowl up the fresh salad & the charred beans. Top with the venison strips and drizzle over the pan juices.