



U C O O K

— COOKING MADE EASY

Tastier-Than-Takeout Stir Fry

with sticky venison strips, black rice, pak choi & tamari

Who doesn't love a midweek stir fry? Especially when it's quicker than takeaway and so much better for you! Lean venison strips, cabbage, carrot, pak choi, and green beans: merged by tamari, sesame oil, and honey and served on a mound of black rice.

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Kate Gomba

 **Health Nut**

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Ingredients & Prep

300ml	Black Rice
400g	Pak Choi
20ml	White Sesame Seeds
600g	Venison Strips
2	Onion <i>peeled & thinly sliced</i>
40g	Fresh Ginger <i>peeled & grated</i>
320g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
300g	Shredded Cabbage & Julienne Carrot
110ml	Sweet Tamari <i>(60ml Tamari, 30ml Honey & 20ml Sesame Oil)</i>
3	Spring Onion <i>thinly sliced</i>
40ml	Sriracha

From Your Kitchen

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

1. GORGEOUS BLACK RICE Rinse the rice and place in a pot with 1,2L of salted water. Pop on a lid, place over a medium heat, and bring to the boil. Once boiling, reduce the heat and simmer with the lid on for 30-35 minutes until the water has been absorbed. If it starts to dry out during the cooking process, add more water in small increments to continue. On completion, it should be cooked but bouncy. Remove from the heat and drain if necessary. Cover with the lid and set aside until serving.

2. PAK CHOI & SESAME SEEDS Trim the base of the pak choi, separate the leaves, and rinse well. Slice the green, leafy parts in half lengthways and set aside. Finely slice the stems, keeping them separate from the green leaves. Place a large pan or wok over a medium heat. When hot, toast the sesame seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove on completion and set aside to cool.

3. SEAR THE VENISON Drain any liquid from the venison packaging and pat the strips dry with some paper towel. Return the pan or wok to a medium heat with a drizzle of oil. When hot, fry the strips for 3-4 minutes until browned but not cooked through, shifting as they colour. You will need to do this step in batches to avoid overcrowding the pan. Remove from the pan on completion, season to taste, and set aside.

4. SASSY STIR FRY When the rice has 10 minutes remaining, return the pan or wok to a medium heat with another drizzle of oil if necessary. When hot, sauté the sliced onion and pak choi stems for 5-6 minutes until soft. Add the grated ginger and fry for another minute until fragrant, shifting regularly. Add in the sliced green beans and the cabbage and carrot. Fry for 4-5 minutes until the cabbage is slightly wilted and the green beans are cooked al dente, shifting occasionally. Stir through the sweet tamari sauce, pak choi leaves, and venison strips. Cook for another 2-3 minutes until the leaves wilt and the venison is cooked through. Season to taste and remove from the heat on completion.

5. WHO NEEDS TAKEOUT? Dish up a mound of black rice and top with the sticky venison stir fry. Garnish with the toasted sesame seeds and sliced spring onion. For that spicy kick, drizzle over the sriracha to taste. Stunning work, Chef!



Chef's Tip

Black rice is as richly coloured as it looks! Be careful not to stain your clothes, dishcloths, or crockery when handling it. During cooking, it releases a natural black dye, so we advise using a stainless steel pot as it may stain ones made from other materials, such as enamel. Keep the lid on for the entire cooking and steaming time, only checking if necessary.

Nutritional Information

Per 100g

Energy	460kJ
Energy	110Kcal
Protein	9.4g
Carbs	13g
of which sugars	3.3g
Fibre	2.4g
Fat	2g
of which saturated	0.5g
Sodium	292mg

Allergens

Allium, Sesame, Soy

Cook
within
4 Days