

UCOOK

Katlego's Cumin Springbok & Ponzu

with glazed pak choi & honey-roasted
carrots

The inspiration behind this dish comes from my love for venison! It's the gamey-flavours of the Springbok loin paired with the earthiness of cumin that just works perfectly together. Add the citrus-based Ponzu Sauce (a personal favourite!), sweet honey, and wow — what a dish!

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Katlego Mlambo



Health Nut



No paired wines

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Ingredients & Prep

120g	Carrot <i>rinsed, trimmed & cut into wedges</i>
15ml	Honey
250g	Sweet Potato <i>rinsed & cut into bite-sized chunks</i>
15g	Walnuts
65ml	Ponzu Sauce
20g	Green Leaves <i>rinsed</i>
30g	Whole Italian-style Hard Cheese <i>peeled into ribbons</i>
160g	Free-range Springbok Loin
20ml	Ground Cumin
150g	Pak Choi <i>rinsed thoroughly & trimmed at the base</i>

From Your Kitchen

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

1. WEDGES & CHUNKS Preheat the oven to 200°C. Spread out the carrot wedges on half of a roasting tray. Coat in oil, ½ the honey, and some seasoning. On the other half of the roasting tray, place the sweet potato chunks. Coat in oil and some seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. NUTS ABOUT SALAD Place the walnuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle. In a salad bowl, mix together the remaining honey, ½ of the ponzu sauce and a drizzle of olive oil. Season to taste. Toss through the green leaves, ½ the walnuts, and ½ the cheese ribbons. Set aside until serving.

3. WE MEAT AGAIN... Return the pan to a medium heat. Pat the springbok loin dry with paper towel. In a shallow bowl, mix together the ground cumin, some seasoning, and a drizzle of oil. Place the Springbok in the bowl and coat in the rub. When the pan is hot, fry the Springbok for 2-3 minutes until browned and cooked to your preference, shifting and turning as it colours. (The time frame recommended will yield a rare result). Remove from the pan on completion and set aside. Allow to rest for 5 minutes before thinly slicing. Lightly season the slices.

4. BE-LEAF IN YOURSELF Wipe down the pan and place on a high heat. Rub the trimmed pak choi leaves in oil. Once the pan is hot, place the pak choi leaves in the pan and fry for about 2 minutes, shifting occasionally. Add the remaining ponzu sauce halfway through, and toss until the pak choi is fully coated. On completion, the pak choi should be soft but the stems should still have a slight crunch. Remove from the pan and set aside for serving.

5. DIVINE DINNER Plate up the golden sweet potato, honey-roasted carrots and ponzu-coated pak choi. Top the dressed leaves with the remaining chopped walnuts and cheese ribbons. Lay down the juicy slices of springbok loin and serve the leaves on the side. Look at that, Chef!



Chef's Tip

If you'd like your steak done medium-rare, cook it for an additional 2-3 minutes.

Nutritional Information

Per 100g

Energy	455kJ
Energy	109Kcal
Protein	8.3g
Carbs	11g
of which sugars	5.3g
Fibre	1.8g
Fat	3.2g
of which saturated	0.9g
Sodium	342mg

Allergens

Egg, Gluten, Dairy, Wheat, Sulphites,
Fish, Tree Nuts, Soy

Cook
within
4 Days