



UCOOK

Vibrant Venison Hot Pot

with green leaves & a cheesy topping

Tender venison nestles itself inside a rich gravy, which is then topped with an incredible grated potato and cheese mixture before its baked to crisp melty perfection! Served with fresh green leaves and crème fraîche. There is no turning back once you've had the first bite!

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Niel Joubert | Blanc de Noir

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Ingredients & Prep

1	Onion <i>½ peeled & roughly diced</i>
125g	Button Mushrooms <i>cut into quarters</i>
150g	Free-range Venison Goulash <i>cut into small chunks</i>
120g	Carrot <i>peeled (optional) & cut into small chunks</i>
7,5ml	Stock & Herb Mix <i>(5ml Beef Stock & 2,5ml NOMU Provençal Rub)</i>
10ml	Cake Flour
200g	Potato <i>peeled</i>
30g	Grated Mozzarella & Cheddar Cheese Mix
45ml	Crème Fraîche
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. VENISON GRAVY Boil the kettle. Preheat the oven to 200°C. Place a large pan over a medium heat with a drizzle of oil. When hot, add the diced onion, the quartered mushrooms, the venison chunks, and the carrots chunks. Fry for 4-5 minutes until starting to brown, shifting occasionally. Add the stock & herb mix and the flour and cook for 1-2 minutes, shifting occasionally. Pour in 100ml of boiling water. Reduce the heat and leave to simmer for 5-6 minutes until thickened slightly. Season to taste.

2. CHEESY ROSTI Grate the peeled potato and place in a clean tea towel. Close up tightly and squeeze out as much liquid from the grated potato as possible. Discard the liquid. Add the grated potato to a bowl with the grated cheese, a drizzle of oil, and seasoning. Transfer the venison mixture to an ovenproof dish. Scatter over the potato mixture, and roast in the hot oven for 15-20 until golden brown. In the final 5 minutes, turn the oven onto the grill setting to get the perfect golden colour!

3. SOME PREP Loosen the crème fraîche with a splash of water and season to taste. Toss the rinsed green leaves with a drizzle of oil and some seasoning.

4. DINNER IS SERVED Plate up a helping of the golden cheesy venison hot pot, side with the dressed green leaves, and dollop over the crème fraîche. Well done, Chef!

Nutritional Information

Per 100g

Energy	443kj
Energy	106Kcal
Protein	8.3g
Carbs	9g
of which sugars	2.1g
Fibre	1.9g
Fat	3.9g
of which saturated	2.3g
Sodium	4mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days