

QCOOK

Creamy Blue Cheese Venison

with soft pumpkin

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Mr May Grenache

Nutritional Info

	Per 100g	Per Portion
Energy	391kj	2961kj
Energy	93kcal	708kcal
Protein	8.1g	61.4g
Carbs	6g	42g
of which sugars	2.5g	18.9g
Fibre	1.7g	12.8g
Fat	3.8g	29g
of which saturated	2.1g	16.2g
Sodium	185mg	1401mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Pumpkin Chunks
10g	20g	Pumpkin & Sunflower Seed Mix
150g	300g	Free-range Venison Strips
125g	250g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	1	Onion <i>peel & finely slice ½ [1]</i>
50g	100g	Spinach <i>rinse</i>
50ml	100ml	Crème Fraîche
15ml	30ml	Lemon Juice
15g	30g	Blue Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter
Milk (optional)

- 1. PUMPKIN MASH** Place the pumpkin in a pot of salted water over medium-high heat. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.
- 2. TOAST** Place the seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. VENISON** Return the pan to medium-high heat with a drizzle of oil and a knob of butter. Pat the venison dry with paper towel. Sear the venison until browned, 2-3 minutes (shifting occasionally). Remove from the pan and season.
- 4. CREAMY SAUCE** Return the pan to medium-high heat with a drizzle of oil if necessary. Fry the mushrooms and onion until golden, 5-6 minutes (shifting occasionally). Add the spinach and cook until slightly wilted, 2-3 minutes. Mix in the crème fraîche, with a splash of water, lemon juice (to taste), and crumble over the cheese. Add the venison and mix until combined. Remove from the heat season.
- 5. DINNER IS READY** Dish up the pumpkin mash, side with the creamy blue cheese venison, and sprinkle over the seeds. Enjoy, Chef!