



UCOOK

Venison & Date Tagine

with harissa, flaked almonds & cashew nut yoghurt

It's still a little nippy out, so warm up with a chunky, tomato-based venison stew with butternut, cauliflower, and spicy harissa. It spills generously over quinoa, tossed through with pitted dates and fresh coriander. Scattered with toasted almond flakes and spattered with creamy cashew nut yoghurt. Yes, get cosy!

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

♥ Health Nut

🍷 Cavalli Estate | Black Beauty

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Ingredients & Prep

150g	Butternut & Cauliflower Mix <i>cut into bite-sized pieces</i>
75ml	White Quinoa
15g	Flaked Almonds
150g	Free-range Venison Goulash
1	Garlic Clove <i>peeled & grated</i>
200g	Cooked Chopped Tomato
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
20g	Dried Pitted Dates <i>roughly chopped</i>
1	Lemon <i>½ zested & cut into wedges</i>
75g	Peas
15ml	Pesto Princess Harissa Paste
50ml	Cashew Nut Yoghurt

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. WARM VEGGIEBITES Preheat the oven to 200°C. Spread out the butternut and cauliflower pieces on a roasting tray, coat in oil, and season to taste. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. COOK UP THE QUINOA Rinse the quinoa and place in a pot. Submerge in 200ml of water, place over a medium-high heat, and bring to a simmer with the lid off. Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

3. TOASTY, FLAKY ALMONDS Place a pot for the tagine over a medium heat. When hot, toast the flaked almonds for 3-5 minutes until golden brown, shifting occasionally. Remove from the pot on completion and set aside to cool.

4. SIMMER THE TAGINE When the veg roast reaches the halfway mark, return the pot to a medium-high heat with a drizzle of oil. When hot, fry the venison pieces for 1-2 minutes per side until browned. Remove from the pan on completion and set aside. Wipe down the pan and return it to a medium heat with a drizzle of oil. When hot, sauté the grated garlic for about a minute until fragrant. Pour in the cooked chopped tomato, 50ml of water, give it a stir and simmer for 8-10 minutes until thickened. On completion, add a sweetener of choice (to taste) to balance the acidity.

5. FINISH THE QUINOA & SAUCE Toss ½ of the chopped coriander and ¾ of the chopped dates (reserving the remainder for garnish) through the cooked quinoa. Add some lemon zest, lemon juice, and seasoning to taste. Set aside for serving. Stir the cooked venison and the peas through the thickened sauce. Once the veg roast is done, stir through the roasted butternut and cauliflower, some seasoning, and the harissa paste (to taste). Remove the pot from the heat on completion.

6. YOUR TAGINE QUEEN! To serve, make a bed of delicious quinoa and smother in the spicy tagine. Sprinkle over the remaining chopped coriander and dates. Garnish with the toasted almond flakes and some lemon zest to taste. Top with a hearty dollop of cashew nut yoghurt and serve with a lemon wedge on the side. Delish!

Nutritional Information

Per 100g

Energy	473kJ
Energy	113Kcal
Protein	8.6g
Carbs	14g
of which sugars	4.4g
Fibre	2.8g
Fat	2.8g
of which saturated	0.5g
Sodium	169mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 2
Days