



# UCCOOK

## Cape Malay Venison Rotis

with almonds & sweet chutney

**Hands-on Time:** 15 minutes

**Overall Time:** 15 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Neil Ellis Wines | Neil Ellis Groenekloof Syrah

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 846kJ    | 3876kJ      |
| Energy             | 202kcal  | 927kcal     |
| Protein            | 13g      | 59.5g       |
| Carbs              | 18g      | 81g         |
| of which sugars    | 6.7g     | 30.8g       |
| Fibre              | 2.3g     | 10.7g       |
| Fat                | 8.7g     | 39.8g       |
| of which saturated | 3.3g     | 15g         |
| Sodium             | 388mg    | 1779mg      |

**Allergens:** Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Soya, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                       |
|----------|------------|-------------------------------------------------------|
| 150g     | 300g       | Free-range Venison Mince                              |
| 1        | 1          | Spring Onion<br><i>rinse, trim &amp; finely slice</i> |
| 10ml     | 20ml       | Spice & All Things Nice<br>Cape Malay Curry Paste     |
| 30ml     | 60ml       | Mrs Balls Chutney                                     |
| 3g       | 5g         | Fresh Coriander<br><i>rinse &amp; pick</i>            |
| 10ml     | 20ml       | Lemon Juice                                           |
| 50ml     | 100ml      | Crème Fraîche                                         |
| 4        | 8          | Rotis                                                 |
| 50g      | 100g       | Cucumber<br><i>rinse &amp; cut into half-moons</i>    |
| 20g      | 40g        | Green Leaves<br><i>rinse</i>                          |
| 10g      | 20g        | Almonds                                               |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water

**1. MMMMINCE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Add the onion, and fry until the mince has browned, and the onions are soft, 3-4 minutes (shifting occasionally). Add the curry paste and fry until fragrant 1-2 minutes. Remove from the heat and mix through the chutney.

**2. CORIANDER CREME** While the mince and the onion are frying, combine the coriander, the lemon juice, and the crème fraîche in a mixing bowl. Loosen with a splash of water.

**3. READY THE ROTIS** Spread the rotis out on a plate in a single layer and heat up in the microwave, 30-60 seconds. Alternatively, place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side.

**4. MOUTHWATERING MALAY MEAL** Top each roti with malay mince, the cucumber, the green leaves and the nuts. Drizzle over the crème. Enjoy, Chef!

**Chef's Tip** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.