



# UCOOK

## Venison & Golden Hashbrowns

with sour cream & a green leaf salad

This one is fresh, crunchy, earthy, and just simply fabulous. Perfectly crispy hashbrowns are served with sour cream & accompanied by free-range venison steak slices. Served with a peppery radish & green leaf salad dotted with sweet dried cranberries & pumpkin seeds. Delish!

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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 Fan Faves

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 Waterford Estate | Range Grenache Noir 2019

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## Ingredients & Prep

200g	Potato <i>peeled</i>
1	Onion <i>¼ peeled &amp; finely diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
3g	Fresh Chives <i>rinsed &amp; finely sliced</i>
35ml	Flour Mix <i>(15ml Self-raising Flour &amp; 20ml Cornflour)</i>
160g	Free-range Venison Steak
20g	Green Leaves <i>rinsed</i>
50g	Cucumber <i>cut into half-moons</i>
15g	Cranberry & Seed Mix <i>(7,5g Pumpkin Seeds &amp; 7,5g Dried Cranberries)</i>
30ml	Sour Cream
1	Lemon <i>cut into wedges</i>

## From Your Kitchen

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

**1. HASHY UP & PREP** Using the bigger holes on a grater, grate the peeled potato and place in a bowl of water. Set aside.

**2. STOP THE STARCH** Fill a pot with enough water to fully submerge the grated potatoes. Place over a high heat. Once the water is boiling, drain the grated potato and add it to the pot. Cover with a lid and boil for 3-4 minutes until starting to soften a bit. Drain and run through some cold water to stop the cooking process.

**3. GIVE IT A SQUEEZE** Place the drained grated potatoes on a clean tea towel and squeeze out the excess water. Place in a bowl. Add the diced onion, the grated garlic, ½ the sliced chives, the flour mix, and seasoning. Mix until combined. Shape into 2-3 rostis.

**4. CRISP & BROWN** Place a pan over medium heat with enough oil to cover the base. When hot, fry the rostis for 4-5 minutes per side until crispy and golden, turning as they colour. Remove from the pan and drain on paper towel. Cover to keep warm.

**5. SIZZLING STEAK** Return the pan, wiped down, to a high heat with a drizzle of oil. Pat the steak dry with paper towel and season. When the pan is hot, cook for 5-6 minutes, shifting as it colours, until browned all over and cooked to your preference. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

**6. GET DRESSED** In a bowl, combine the rinsed green leaves, the cucumber half-moons, the cranberry & seed mix, seasoning, and a drizzle of oil. In a small bowl, combine the sour cream with the juice from 1 lemon wedge and some seasoning.

**7. WHAT A NIGHT** Plate up the golden hashbrowns and side with the zingy sour cream for dunking. Serve with the salad and the steak slices. Garnish with the remaining chives and lemon wedges alongside. Lovely, Chef!

## Nutritional Information

Per 100g

Energy	450kJ
Energy	107kcal
Protein	9.5g
Carbs	12g
of which sugars	1.6g
Fibre	1.9g
Fat	2.1g
of which saturated	1g
Sodium	131mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 2  
Days