



WCOOK

Cape Malay Venison Rotis

with almonds & sweet chutney

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 3 & 4

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 3	[Serves 4]	
450g	600g	Free-range Venison Mince
2	2	Spring Onions <i>rinse, trim & finely slice</i>
30ml	40ml	Spice & All Things Nice Cape Malay Curry Paste
90ml	125ml	Mrs Balls Chutney
8g	10g	Fresh Coriander <i>rinse & pick</i>
30ml	40ml	Lemon Juice
150ml	200ml	Crème Fraîche
12	16	Rotis
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
60g	80g	Green Leaves <i>rinse</i>
30g	40g	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, 4-5 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.