



U C O O K

— COOKING MADE EASY

LEAN GAME & ANCIENT GRAIN

with spelt, pesto-infused ricotta & roast beetroot

Put a gazelle-like spring in your step with clean, natural nourishment: tender venison rump, spinach, rocket pesto ricotta, and spelt. Cultivated since 5000 BC, spelt is the unsung hero of superfoods.

Prep + Active Time: 30 minutes

Total Cooking Time: 55 minutes

 **Serves:** 4 people

 **Chef:** Lauren Todd

 **Health Nut**

Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients

400 ml	Spelt <i>rinsed</i>
20 ml	Vegetable Stock
600 g	Beetroot <i>rinsed, trimmed & cut into bite-size chunks</i>
200 g	Fresh Spinach <i>rinsed & shredded</i>
640 g	Game Rump
60 ml	NOMU Coffee Rub
200 g	Ricotta
60 ml	Pesto Princess Rocket Pesto

From Your Kitchen

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

1. BEFORE YOU GET GOING

Read through the whole recipe. Remember, the prep instructions are now displayed in the ingredient list, directly under the item they apply to. So, you have the option to do all your prep at once before you start cooking, or bit by bit as you go through the recipe!

2. ANCIENT GRAIN

Preheat the oven to 200°C. Rinse the spelt and place in a pot with the vegetable stock and 1.2L of water. Give it a stir and bring to the boil. Once boiling, reduce the heat and allow to simmer for 35-40 minutes. Stir occasionally as the water is absorbed, only adding more if required during the cooking process. On completion, the grain should be al dente. Drain if necessary, cover with a lid, and set aside to keep warm.

3. ROAST BEET ROOT

While the spelt is simmering, spread out the beetroot pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy, shifting halfway.

4. SAUTÉ THE SPINACH

Place a nonstick pan (large enough for the steaks) over a medium-high heat with a drizzle of oil. When hot, sauté the shredded spinach until wilted. Remove from the pan on completion and place in a bowl. Season to taste, cover with a plate to keep warm, and set aside.

5. PAN FRIED STEAKS

Wipe down the pan if necessary and return to a high heat with another drizzle of oil. Pat the steaks dry with some paper towel. When the pan is hot, fry the steaks for 6-8 minutes in total, shifting and turning as they colour until browned and cooked to your preference. (The time frame recommended will yield a medium-rare result.) In the final 1-2 minutes, add in a knob of butter and the Coffee Rub and use to baste the steaks as they finish cooking. Remove from the pan and set aside to rest for 3-5 minutes before slicing. Lightly season the slices.

6. RICOTTA DRESSING

Combine the ricotta and the rocket pesto in a bowl. Mix in water in 5ml increments until drizzling consistency. Season to taste and set aside for serving. Just before serving, toss the wilted spinach through the cooked spelt.

7. GRUB'S UP

Dish up a mound of spinach-loaded spelt, alongside the roast beetroot and rump steak slices. Finish off with a generous drizzle of the pesto-infused ricotta dressing. You've earned it, Chef!

Nutritional Information

Per 100g

Energy (kj)	633
Energy (kcal)	151
Protein	13
Carbs	15
of which sugars	2
Fibre	2
Fat	4
of which saturated	1
Salt	1

Cook within: 4 days **Allergens:** Egg Gluten Dairy Allium Wheat Tree Nuts

👍 Loved the dish? Rate it online.

❤️ Family Friendly 🍴 High in Protein