



UCCOOK

Middle Eastern Venison & Olives

with quinoa & Danish-style feta

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info

	Per 100g	Per Portion
Energy	592kJ	3395kJ
Energy	141kcal	812kcal
Protein	12.2g	70.1g
Carbs	12g	67g
of which sugars	1.5g	8.7g
Fibre	2g	11.6g
Fat	4.8g	27.4g
of which saturated	1.7g	9.8g
Sodium	328mg	1881mg

Allergens: Cow's Milk, Allium, Sesame, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Quinoa <i>rinse</i>
60g	80g	Green Leaves <i>rinse</i>
60g	80g	Mixed Olives <i>(30g [40g] Pitted Kalamata Olives & 30g [40g] Pitted Green Olives)</i>
90g	120g	Danish-style Feta <i>drain</i>
2	2	Tomatoes <i>rinse & roughly dice</i>
8g	10g	Fresh Oregano <i>rinse, pick & roughly chop</i>
480g	640g	Free-range Venison Rump <i>pat dry with paper towel</i>
15ml	20ml	NOMU Moroccan Rub
300g	400g	Cucumber <i>rinse & cut into half-moons</i>
150ml	200ml	Hummus
30g	40g	Pumpkin Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Butter (optional)
Seasoning (salt & pepper)
Paper Towel

1. **QUINOA** Place the quinoa in a pot with 450ml [600ml] of salted water. Cover and bring to a boil. Simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes. Toss through the green leaves and set aside.

2. **OLIVES & TOMS** Drain and halve the mixed olives. In a small bowl, combine the olives, the feta, a drizzle of olive oil, and seasoning. Set aside. In a separate bowl, combine the tomatoes, ½ the oregano (to taste), a drizzle of olive oil, and seasoning. Set aside.

3. **VENISON** Place a pan over medium-high heat with a drizzle of oil. When hot, sear the venison until browned, 2-3 minutes (shifting occasionally). In the final minute, baste with the NOMU rub and a knob of butter (optional). Remove from the pan, slice and season.

4. **EAT** Plate up the quinoa. Top with the seared venison, the cucumber, the herby tomatoes, the olive & feta mix, and the hummus. Garnish with the pumpkin seeds and the remaining oregano. Enjoy!

Chef's Tip Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally).