



UCOOK

Venison with Spinach & Feta Orzo

with red onion, fresh lemon & pumpkin seeds

We totally get why this is a fan fave, Chef! It's super simple, but the flavours are unique & oh-so-yummy. Creamy orzo is dotted with spinach, venison, and feta. Sprinkled with pumpkin seeds and garnished with lemon zest and a crack of black pepper. Told you!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Rhea Hsu

 Fan Faves

 Waterford Estate | Waterford Pecan Stream
Pebble Hill

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200ml	Orzo Pasta
300g	Free-range Venison Chunks
1	Red Onion <i>peeled & sliced</i>
1	Garlic Clove <i>peeled & grated</i>
50ml	Italian Flour <i>(30ml Cake Flour & 20ml NOMU Italian Rub)</i>
200ml	Low Fat Fresh Milk
200g	Spinach <i>rinsed & roughly chopped</i>
50g	Danish-style Feta <i>drained</i>
1	Lemon <i>zested & cut into wedges</i>
20g	Pumpkin Seeds

From Your Kitchen

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

1. ORZO Bring a pot of salted water to a boil for the orzo. Cook the orzo until al dente, 7-10 minutes. Drain, reserving a cup of the orzo water, and toss through a drizzle of olive oil.

2. SIZZLING VENISON Place a deep pan over medium-high heat with a drizzle of oil. Pat the venison dry with paper towel. When hot, sear the venison until browned, 2-3 minutes (shifting occasionally). Remove from the pan and season.

3. SAUCE Return the pan to medium heat with 40g of butter. When starting to foam, fry the sliced onion until soft, 3-4 minutes (shifting often). Add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add the Italian flour and fry until golden, 1-2 minutes (shifting constantly). Remove the pan from the heat and gradually stir in the milk, making sure there are no lumps. Loosen with the reserved orzo water until the desired consistency.

4. ALL TOGETHER Return the pan with the sauce to medium heat. Stir through the chopped spinach, the cooked orzo, the cooked venison, ½ the drained feta, a squeeze of lemon juice, and seasoning.

5. WOW! Dish up the creamy venison orzo, and crumble over the remaining feta. Sprinkle over the pumpkin seeds and garnish with the lemon zest (to taste). Finish it off with a crack of black pepper. Enjoy, Chef!



Chef's Tip

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

Nutritional Information

Per 100g

Energy	624kJ
Energy	149kcal
Protein	11.5g
Carbs	17g
of which sugars	2.7g
Fibre	1.8g
Fat	3g
of which saturated	1.4g
Sodium	368mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days