



UCOOK

Venison Wraps

with charred bell peppers & a creamy chutney-mayo

When do you want to take a quick timeout today to make this very satisfying venison wrap, Chef? Perfect as lunch or dinner, a warm roti is smeared with a delectable chutney-mayo, then wrapped around seared venison, fresh greens, charred bell peppers, refreshing cucumber & sweet piquanté peppers.


Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Jade Summers

Quick & Easy

 Muratie Wine Estate | Muratie Melck's Blended Red 2020

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Ingredients & Prep

150g	Free-range Venison Chunks
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
2	Rotis
60ml	Chutney-mayo <i>(10ml Mrs Balls Chutney & 50ml Mayo)</i>
20g	Green Leaves <i>rinse</i>
50g	Cucumber <i>rinse & cut into half-moons</i>
20g	Piquanté Peppers <i>drain</i>

From Your Kitchen

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

1. BUTTER-BASTED VENISON Place a pan over medium-high heat with a drizzle of oil. Pat the venison dry with paper towel. When hot, sear the venison until browned, 1-2 minutes (shifting occasionally). In the final minute, baste with a knob of butter. Remove from the pan, reserving any pan juices, and season.

2. READY THE ROTI Return the pan to medium heat. When hot, fry the pepper slices until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. While the peppers are frying, spread out the rotis on a plate in a single layer and heat up in the microwave, 30-60 seconds. Alternatively, toast each roti in a hot pan until warmed through, 30-60 seconds per side.

3. WRAP THINGS UP Smear the rotis with the chutney-mayo, top with the salad leaves, the charred juicy venison, the charred peppers, the cucumber half-moons, and the drained peppers. That's a wrap, Chef!

Nutritional Information

Per 100g	
Energy	624kJ
Energy	149kcal
Protein	8.5g
Carbs	16g
of which sugars	5.1g
Fibre	2g
Fat	6g
of which saturated	0.9g
Sodium	301mg

Allergens

Gluten, Wheat, Sulphites, Soy, Cow's Milk

Eat
Within
4 Days