



QCOOK

Venison & BBQ Sweet Potatoes

with a sun-dried tomato salad

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info	Per 100g	Per Portion
Energy	648kJ	4059kJ
Energy	155kcal	971kcal
Protein	8.4g	52.5g
Carbs	9g	53g
of which sugars	3.7g	23.4g
Fibre	1.6g	9.8g
Fat	9.6g	60.3g
of which saturated	1.6g	10.1g
Sodium	272mg	1701mg

Allergens: Sulphites, Egg, Tree Nuts, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato <i>rinse & cut into wedges</i>
10ml	20ml	NOMU BBQ Rub
10ml	20ml	White Wine Vinegar
100g	200g	Cucumber <i>rinse & cut into thin matchsticks</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Sun-dried Tomatoes <i>drain & roughly chop</i>
15g	30g	Pecan Nuts <i>roughly chop</i>
150g	300g	Free-range Venison Rump
50ml	100ml	Hellmann's Original Mayo

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

1. READY TO ROAST? Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the oven until cooked through and crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. PICKLE & SALAD In a bowl, combine the vinegar, 1 [2] tbsp of water, seasoning, and a sweetener (to taste). Mix until the sweetener is dissolved. Toss through the cucumber and set aside. Just before serving, discard the pickling liquid and add the salad leaves, the sun-dried tomatoes, a drizzle of olive oil, and seasoning to the bowl with the cucumber. Toss until combined.

3. YOU CAN WITH PECANS Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. FRY THE STEAK Return the pan to 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 per side (for medium-rare). In the final 1-2 minutes, baste the venison with a knob of butter and the remaining NOMU rub. Remove from the pan and set aside to rest for 3-5 minutes before slicing and seasoning.

5. SERVE UP! Plate up the roasted wedges and side with the ostrich slices and the fresh salad. Garnish with the pecans. Serve the mayo on the side for dunking. Tuck in, Chef!