

UCCOOK

Turkish Spiced Venison Mince

with fluffy couscous & green beans

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Martin Melch Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	682kJ	3278kJ
Energy	163kcal	783kcal
Protein	14.4g	69.1g
Carbs	20g	95g
of which sugars	5.2g	24.9g
Fibre	3.1g	15g
Fat	3.4g	16.6g
of which saturated	0.7g	3.2g
Sodium	278.3mg	1338mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Couscous
20g	40g	Mixed Nuts <i>(10g [20g] Almonds & 10g [20g] Hazelnuts)</i>
100g	200g	Green Beans <i>rinse & cut in half</i>
150g	300g	Free-range Venison Mince
1	2	Spring Onion/s <i>rinse, trim & roughly slice</i>
15ml	30ml	Spice Mix <i>(10ml [20ml] NOMU Moroccan Rub, 2,5ml [5ml] Smoked Paprika & 2,5ml [5ml] Garlic Powder)</i>
15ml	30ml	Tomato Paste
20ml	40ml	Apricot Jam
50ml	100ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 100ml [200ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. NUTS & BEANS Roughly chop the mixed nuts and set aside. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

3. MINCE Return the pan to medium-high heat with a drizzle of oil. Fry the mince and work quickly to break it up as it starts to cook. Add the spring onion, the spice mix, and the tomato paste. Fry until fragrant, 3-4 minutes. Deglaze with a splash of water, and mix in the apricot jam (to taste), and the charred green beans. Remove from the heat and season.

4. DINNER IS READY Make a bed of the fluffy couscous, top with the loaded flavourful mince, and dollops of the tzatziki. Sprinkle over the mixed nuts. Enjoy, Chef!

Chef's Tip Place the chopped nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.