



U C O O K

— COOKING MADE EASY

LUXURIOUS SPICED VENISON

**with balsamic-roasted baby onions &
fluffy quinoa**

A perfect winter dinner of quality protein and warming flavours. The highlight? Exquisite, lean eland steak, rubbed with herbs and spices and cloaked in spinach and smooth cottage cheese.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney



Health Nut

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Ingredients & Prep

100g	Fresh Spinach rinsed & roughly shredded
2	Baby Onions
100ml	White Quinoa
5ml	NOMU Roast Rub
35ml	Balsamic-Honey Glaze (25ml balsamic vinegar & 10ml honey)
4g	Fresh Parsley rinsed & roughly chopped
80ml	Smooth Cottage Cheese
10g	Pumpkin Seeds
1	Garlic Clove
160g	Venison Steak

From Your Kitchen

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

1. BALSAMIC ROAST Preheat the oven to 200°C. Peel the onions and halve them lengthways, without removing the tip keeping each layer intact. Place on a roasting tray with the unpeeled garlic clove. Toss through the balsamic-honey mixture, a drizzle of oil, and seasoning. Spread out cut-side down, cover the tray with tinfoil, and roast in the hot oven for 25-30 minutes until soft. Discard the tinfoil, turn the onions cut-side up, and roast for 5-10 minutes until caramelised.

2. FLUFFY QUINOA Rinse the quinoa and place in a pot. Submerge in 200ml of water and bring to a simmer. Cook for 12-15 minutes until the quinoa is fluffy and the tails pop out, only adding more water if required. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

3. SEEDS & CREAMY CHEESE Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan and set aside to cool. Combine the smooth cottage cheese with three quarters of the chopped parsley and a drizzle of oil. Season to taste and set aside for serving.

4. WILTED SPINACH Return the pan to a medium-high heat with a drizzle of oil or knob butter. When hot, sauté the spinach for 2-3 minutes until wilted. Season to taste and toss through the cooked quinoa. If you like, stir in an extra knob of butter.

5. FRY THE VENISON Pat the steak dry with some paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the steak for 6-8 minutes, shifting and turning as it colours until browned and cooked to your preference. (This time frame yields a medium-rare result.) In the final 1-2 minutes, use a knob of butter and the Roast Rub to baste the steak. Remove from the pan on completion and set aside to rest for 5 minutes before thinly slicing. Lightly season the slices.

6. FINISH UP When the roast is ready, remove the veg from the tray. Add a small splash of water to draw out the remaining balsamic juices and reserve for serving. Remove the skin from the garlic clove.

7. DELICIOUS! Make a bed of spinach quinoa and cover with the glazed onions, garlic flesh and balsamic pan juices. Top with the venison slices and a dollop of cottage cheese. Garnish with the pumpkin seeds and remaining chopped parsley. Perfect, Chef!

Nutritional Information

Per 100g

Energy (kj)	621kj
Energy (kcal)	148kcal
Protein	14g
Carbs	17g
of which sugars	5g
Fibre	3g
Fat	2g
of which saturated	0g
Salt	1g

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days