

QCOOK

Creamy Blue Cheese Venison

with soft pumpkin

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Mr May Grenache

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 391kj | 2961kj |
| Energy | 93kcal | 708kcal |
| Protein | 8.1g | 61.4g |
| Carbs | 6g | 42g |
| of which sugars | 2.5g | 18.9g |
| Fibre | 1.7g | 12.8g |
| Fat | 3.8g | 29g |
| of which saturated | 2.1g | 16.2g |
| Sodium | 185mg | 1401mg |

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

| | | |
|----------|------------|---|
| Serves 3 | [Serves 4] | |
| 600g | 800g | Pumpkin Chunks |
| 30g | 40g | Pumpkin & Sunflower Seed Mix |
| 450g | 600g | Free-range Venison Strips |
| 375g | 500g | Button Mushrooms <i>wipe clean & roughly slice</i> |
| 2 | 2 | Onions <i>peel & finely slice 1½ [2]</i> |
| 150g | 200g | Spinach <i>rinse</i> |
| 150ml | 200ml | Crème Fraîche |
| 45ml | 60ml | Lemon Juice |
| 45g | 60g | Blue Cheese |

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter
Milk (optional)

- 1. PUMPKIN MASH** Place the pumpkin in a pot of salted water over medium-high heat. Bring to the boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.
- 2. TOAST** Place the seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. VENISON** Return the pan to medium-high heat with a drizzle of oil and a knob of butter. Pat the venison dry with paper towel. Sear the venison until browned, 2-3 minutes (shifting occasionally). Remove from the pan and season.
- 4. CREAMY SAUCE** Return the pan to medium-high heat with a drizzle of oil if necessary. Fry the mushrooms and onion until golden, 7-8 minutes (shifting occasionally). Add the spinach and cook until slightly wilted, 3-4 minutes. Mix in the crème fraîche, with a splash of water, lemon juice (to taste), and crumble over the cheese. Add the venison and mix until combined. Remove from the heat season.
- 5. DINNER IS READY** Dish up the pumpkin mash, side with the creamy blue cheese venison, and sprinkle over the seeds. Enjoy, Chef!