

UCCOOK

Moroccan Venison & Salsa

with potato chunks

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 1 & 2

Chef: Ella Nasser

Nutritional Info

	Per 100g	Per Portion
Energy	334kJ	2063kJ
Energy	80kcal	493kcal
Protein	9.1g	56.3g
Carbs	8g	48g
of which sugars	1g	9g
Fibre	1g	8g
Fat	1.2g	7.3g
of which saturated	0.4g	2.7g
Sodium	207mg	1279mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
20g	40g	Pitted Kalamata Olives <i>drain & halve</i>
1	1	Tomato <i>rinse & roughly dice</i>
1	1	Onion <i>peel & finely dice ¼ [½]</i>
100g	200g	Cucumber <i>rinse & roughly dice</i>
3g	5g	Fresh Oregano <i>rinse & roughly chop</i>
150g	300g	Free-range Venison Strips
5ml	10ml	NOMU Moroccan Rub
50ml	100ml	Tzatziki

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray (or oil of your choice)

Oil (cooking, olive or coconut) (optional)

1. ROAST Preheat the oven to 200°C. Spread the potato on a roasting tray. Lightly coat in cooking spray or a drizzle of oil (optional), and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. SIMPLE SALSA In a bowl, combine the olives, the tomato, the onion (to taste), the cucumber and ½ the oregano. Season and set aside.

3. NOMU-SPICED VENISON Place a pan over medium-high heat. Pat the venison dry with paper towel and lightly coat with cooking spray or add a drizzle of oil to the pan (optional) and coat with the NOMU rub. When hot, sear the venison until browned, 2-3 minutes per side (for medium-rare). Remove from the pan and season.

4. A TRIP TO GREECE Plate up the roasted potato, the venison, and the tomato salsa. Side with the tzatziki, and scatter over the remaining oregano. A masterpiece, Chef!