



# UCOOK

## Spicy Venison & Nasi Goreng

**with charred corn, fresh coriander & jasmine rice**

Try our take on nasi goreng (which translates to 'fried rice')! Originally from Indonesia, this version is packed with charred corn, carrot, jasmine rice, and pak choi. Swirled with a dressing of spicy soy sauce & sesame oil and topped with fresh chilli & coriander. So fast & so delicious, you'll be goreng crazy!

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**Hands-on Time:** 35 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Thea Richter

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Fan Faves

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 Domaine Des Dieux | Josephine Pinot Noir 2015

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## Ingredients & Prep

|       |   |
|-------|---|
| 100ml | Jasmine Rice<br><i>rinse</i>  |
| 100g  | Pak Choi<br><i>trim</i>   |
| 1     | Onion<br><i>peel &amp; roughly dice ½</i>   |
| 120g  | Carrot<br><i>rinse, peel (optional) &amp; roughly dice</i>  |
| 1     | Fresh Chilli<br><i>rinse, trim, deseed &amp; roughly slice</i>  |
| 50g   | Corn  |
| 150g  | Free-range Venison<br>Chunks  |
| 45ml  | Spicy Indo Soy<br><i>(15ml Sambal Oelek, 15ml Sweet Indo Soy Sauce &amp; 15ml Low Sodium Soy Sauce)</i> |
| 2,5ml | Sesame Oil  |
| 3g    | Fresh Coriander<br><i>rinse &amp; pick</i>  |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter (optional)  
Sugar/Sweetener/Honey

**1. RICE, RICE BABY!** Place the rinsed rice in a pot with 200ml of salted water. Cover and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. PREP THE PAK** Separate the leaves of the trimmed pak choi and rinse well. Finely slice the pak choi stems and set aside. Slice the leafy parts in half lengthways, keeping them separate from the stems.

**3. FRY UNTIL FRAGRANT** Place a pan or wok over medium-high heat with a drizzle of oil. When hot, fry the diced onion, the diced carrot, and the pak choi stems until soft, 4-5 minutes (shifting occasionally). Add ½ the sliced chilli (to taste) and fry until fragrant, 1 minute (shifting constantly). Add the corn and fry until charred, 3-4 minutes (shifting occasionally). In the final 1-2 minutes, add the pak choi leaves. Season, remove from the heat, and cover.

**4. SIZZLING VENISON** Place a pan over medium-high heat with a drizzle of oil. Pat the venison dry with paper towel. When hot, sear the venison until browned, 1-2 minutes (shifting occasionally). In the final minute, baste with a knob of butter (optional). Remove from the pan, reserving any pan juices, and season.

**5. NASI GORENG MOMENT** To the pan of veggies, mix through the cooked rice, the spicy indo soy, the sesame oil (to taste), seasoning, and a sweetener (to taste).

**6. A DINNER DELIGHT** Plate up a heaping helping of the nasi goreng. Top with the venison pieces, drizzle over the pan juices, and sprinkle over the picked coriander and the remaining chilli (to taste). Delish, Chef!



## Chef's Tip

We suggest using a wok for this recipe if you have one. The best thing about a wok is that it distributes heat more evenly and requires less oil.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 513kJ   |
| Energy             | 123kcal |
| Protein            | 8.8g    |
| Carbs              | 18g     |
| of which sugars    | 3.7g    |
| Fibre              | 1.4g    |
| Fat                | 1.3g    |
| of which saturated | 0.4g    |
| Sodium             | 398mg   |

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Soy

Eat  
Within  
4 Days