



UCCOOK

Gochujang Venison Bowl

with steamed broccoli & edamame beans

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Groote Post Winery | Groote Post Old Man's Blend Red Blend

Nutritional Info

	Per 100g	Per Portion
Energy	600kJ	3257kJ
Energy	144kcal	779kcal
Protein	11.6g	63g
Carbs	10g	55g
of which sugars	4.1g	22.4g
Fibre	2.1g	11.4g
Fat	6.2g	33.6g
of which saturated	0.8g	4.6g
Sodium	370mg	2010mg

Allergens: Sulphites, Gluten, Sesame, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10ml	20ml	White Sesame Seeds
50g	100g	Corn
150g	300g	Free-range Venison Strips
1	1	Spring Onion
1	1	Garlic Clove <i>peel & grate</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
10ml	20ml	Gochujang
50ml	100ml	Bulgogi Sauce <i>(30ml [60ml] Low Sodium Soy Sauce, 7.5ml [15ml] Rice Wine Vinegar, 2.5ml [5ml] Sesame Oil & 10ml [20ml] Sugar)</i>
150g	300g	Broccoli Florets <i>cut into bite-sized pieces</i>
50g	100g	Edamame Beans
40ml	80ml	Mayo

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

1. **SESAME SEEDS** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. **CORN & VENISON** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium-high heat with a drizzle of oil (if necessary). Sear the venison until browned, 2-3 minutes (shifting occasionally). Remove from the pan and season.

3. **GOCHUJANG & BULGOGI SAUCE** Rinse, trim and finely slice the spring onion, keeping the white and green parts separate. Return the pan to medium heat with a drizzle of oil. When hot, fry the spring onion whites until golden, 2-3 minutes (shifting occasionally). Add the garlic and the ginger and fry until fragrant, 30-60 seconds (shifting constantly). Mix in the gochujang (to taste) and the bulgogi sauce. Simmer until thickening, 1-2 minutes (shifting occasionally). Remove the pan from the heat and add back the venison strips.

4. **GREEN IS GREAT** While the sauce is on the go, place another pan over medium-high heat with a drizzle of oil. When hot, fry the broccoli until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water and the edamame beans, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season.

5. **WHAT A TASTY PLATE** Make a bed of the steamed broccoli and edamame beans. Top with the charred corn, then the saucy venison strips. Dollop over the mayo and finish off with the spring onion greens and sesame seeds. Dinner is ready, Chef!