



UCOOK

Whipped Feta, Roast Veg & Venison

with cannellini beans & fresh chives

It's heaven on earth! Roasted root vegetables & cannellini beans sit atop a smear of light-as-a-cloud whipped Danish feta. Sided with perfectly seared free-range venison slices and garnished with chives. Welcome to cloud nine.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Morgan Nell

 Quick & Easy

 Waterford Estate | Waterford The Library
Collection Cabernet Franc 2017

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Ingredients & Prep

150g	Beetroot Chunks <i>cut into bite-sized pieces</i>
120g	Carrot <i>rinsed, trimmed & cut into wedges</i>
1	Onion <i>½ peeled & cut into wedges</i>
10ml	NOMU BBQ Rub
4g	Fresh Chives
50g	Danish-style Feta
50ml	Low Fat Plain Yoghurt
60g	Cannellini Beans
160g	Free-range Venison Steak

From Your Kitchen

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

1. ROOTING FOR YOU Preheat the oven to 220°C. Place the beetroot pieces, the carrot wedges, and the onion wedges on a roasting tray. Coat in oil, ½ the rub, and seasoning. Roast in the hot oven for 25-30 minutes until cooked through and crispy, shifting halfway.

2. PREPARATION STATION Rinse and roughly chop the fresh chives. Set aside. Drain the feta and place in a bowl. Add the yoghurt. Mash with a fork or potato masher until mixed but still chunky. Add water in 10ml increments if the mixture is not coming together.

3. SPILL THE BEANS Drain and rinse the beans. Coat in oil and season. When the roast is halfway, scatter the dressed beans over the tray of veg. Roast for the remaining time.

4. STEAK YOUR CLAIM Pat the steak dry with paper towel and season. Place a pan over medium-high heat with a drizzle of oil. When hot, add the steak and fry for 3-4 minutes per side or until browned and cooked to your preference, shifting as it colours. In the final 1-2 minutes, baste with a knob of butter and the remaining rub. Remove from the heat and set aside to rest for 3-5 minutes. Slice and lightly season.

5. DINNER DATE Smear the whipped feta on the plate. Top with the roast veg & beans, and side with the steak slices. Garnish with the chopped chives. Lekker, Chef!

Nutritional Information

Per 100g

Energy	400kj
Energy	96kcal
Protein	9.7g
Carbs	7g
of which sugars	2g
Fibre	1.8g
Fat	2.9g
of which saturated	1.7g
Sodium	304.9mg

Allergens

Dairy, Allium

Cook
within 2
Days