



UCOOK

Venison Knife & Fork Nachos

with spicy pumpkin, crème fraîche & corn

These 'nachos' are in fact golden roasted pumpkin, loaded flaky kale, piles of plump beans, sweet corn, melty mozzarella, and a chive-loaded crème fraîche. A bite of jalapeño seals the deal. Grab your knives and forks, it's nacho average nacho night!

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Runet Van Heerden

 Carb Conscious

 Boschendal | Stellenbosch Cabernet Sauvignon

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Ingredients & Prep

200g	Pumpkin Chunks <i>cut into 1cm thick slices</i>
10ml	NOMU Spanish Rub
50g	Kale <i>rinsed & roughly shredded</i>
65ml	Crème Fraîche
4g	Fresh Chives <i>rinsed & roughly chopped</i>
1	Lemon <i>½ zested & cut into wedges</i>
150g	Free-range Venison Goulash
60g	Kidney Beans <i>drained & rinsed</i>
50g	Corn
50g	Grated Mozzarella
20g	Pickled Jalapeños <i>drained & roughly chopped</i>

From Your Kitchen

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

1. NA-CHO ORDINARY NACHOS! Preheat the oven to 200°C. Spread out the pumpkin slices in a roasting dish. Coat in oil, ½ of the rub, and a little seasoning to taste. Roast in the hot oven for 25-30 minutes until cooked through and crisping up.

2. A LITTLE PREP Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, massage until softened and coated. Set aside for step 3. Place the crème fraîche in a small bowl with ¾ of the chopped chives. Combine with the lemon zest and a squeeze of lemon juice, both to taste. Season and set aside for serving.

3. CRISPY KALE When the pumpkin reaches the halfway mark, remove the dish from the oven and spread the slices further out over the base and up the sides of the dish. Scatter over the kale and return to the oven for 7-8 minutes until crispy.

4. BROWNEED VENISON Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the venison for 1-2 minutes per side until browned. Remove from the heat on completion.

5. LOOKING GOOD... When the kale is crispy, remove the tray from the oven and scatter over the drained kidney beans, the browned goulash, and corn. Evenly sprinkle with the remaining rub and the mozzarella. Return to the oven and bake for 4-6 minutes until the cheese is melted and golden.

6. DINE LIKE A KING! Plate up the loaded pumpkin “nachos” and cover in dollops of chive-infused crème fraîche. Finish off with scatterings of the chopped jalapeños and the remaining chives. Serve with a lemon wedge on the side. Time to feast, Chef!



Chef's Tip

Draining and rinsing tinned beans, lentils, and chickpeas reduces the amount of sodium added to your meal. It also reduces the complex sugar content and improves flavour and texture of food.

Nutritional Information

Per 100g

Energy	550kj
Energy	131Kcal
Protein	10g
Carbs	8g
of which sugars	2.5g
Fibre	2.2g
Fat	6.3g
of which saturated	3.8g
Sodium	6mg

Allergens

Dairy, Allium, Sulphites

Cook
within 2
Days