

QCOOK

Rosemary Venison & Creamy Spinach

with roasted carrot & a fresh salad

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	321kJ	1967kJ
Energy	77kcal	470kcal
Protein	9.8g	59.8g
Carbs	6g	35g
of which sugars	3g	17g
Fibre	2g	12g
Fat	1.5g	8.9g
of which saturated	0.5g	3.3g
Sodium	338.1mg	2068.6mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None



Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim & cut into bite-sized pieces on the diagonal</i>
15ml	20ml	NOMU Does Everything
15g	20g	Walnuts <i>roughly chop</i>
480g	640g	Free-range Venison Rump
15ml	20ml	Dried Rosemary
3	4	Garlic Cloves <i>peel & grate</i>
300g	400g	Spinach <i>rinse</i>
150ml	200ml	Low Fat Cottage Cheese
60g	80g	Green Leaves <i>rinse</i>
60g	80g	Radish <i>rinse & slice into thin rounds</i>
30ml	40ml	Lemon Juice

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the carrots on a roasting tray. Coat in cooking spray or a drizzle of oil, the NOMU rub, 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. TOAST Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. STEAK Return the pan to medium-high heat with cooking spray or a drizzle of oil. Pat the venison dry with paper towel. Sear the venison until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, add the rosemary (to taste). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. CREAMY SPINACH Return the pan to medium heat with cooking spray or a drizzle of oil (if necessary). Fry the garlic until fragrant, 30-60 seconds. Mix in the spinach and cook until wilted, 3-4 minutes. Remove from the heat, mix in the cottage cheese and loosen with a splash of warm water if it's too thick. Season.

5. SOME FRESHNESS In a salad bowl, combine the green leaves, the radish, the nuts, the lemon juice (to taste), and season.

6. DINNER IS READY Dish up the roasted carrots, side with the creamy spinach, and the venison slices. Serve alongside the fresh salad. Cheers, Chef!

Chef's Tip Creamy spinach is best enjoyed warm, so cover with a lid to keep it warm.