



UCOOK

Vibrant 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!

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Waterford Estate | Waterford Grenache Noir

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

100ml	Jasmine Rice <i>rinse</i>
100g	Pak Choi <i>trim</i>
1	Onion <i>peel & roughly dice ½</i>
120g	Carrot <i>rinse, peel (optional) & roughly dice</i>
1	Fresh Chilli <i>rinse, trim, deseed & roughly slice</i>
50g	Corn
150g	Free-range Venison Chunks
45ml	Spicy Indo Soy <i>(15ml Sambal Oelek, 15ml Sweet Indo Soy Sauce & 15ml Low Sodium Soy Sauce)</i>
2,5ml	Sesame Oil
3g	Fresh Coriander <i>rinse & 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, add the diced onion, the diced carrot, and the pak choi stems. Fry 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.

6. A DINNER DELIGHT Plate up a heaping helping of the nasi goreng. Top with the venison pieces, drizzle with 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	506kj
Energy	121kcal
Protein	8.6g
Carbs	18g
of which sugars	3.7g
Fibre	1.4g
Fat	1.2g
of which saturated	0.4g
Sodium	389mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within
4 Days