



# UCOOK

## Venison Rump & Crumbed Mushrooms

with Danish-style feta & toasted almonds

We love to order them when we go out, but have you ever tried making crumbed mushrooms at home? It's easier than you think! Pair them with delicious slices of pan-fried venison steak and a fresh green leaf & toasted almond salad, and you have yourself a glorious weeknight dinner!

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes


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**Serves:** 1 Person


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**Chef:** Megan Bure

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 Adventurous Foodie

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 Waterford Estate | Waterford The Library  
Collection Edition: I-Tie 2017

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## Ingredients & Prep

20g	Flaked Almonds
20ml	Cornflour
50ml	Panko Breadcrumbs
30ml	Grated Italian-style Hard Cheese
125g	Button Mushrooms <i>stems trimmed</i>
160g	Free-range Venison Rump
40g	Green Leaves <i>rinsed</i>
20g	Radish <i>rinsed &amp; sliced into rounds</i>
25g	Danish-style Feta <i>drained</i>
50ml	That Mayo (Original)

## From Your Kitchen

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

**1. COOL, C-ALMOND & COLLECTED** Place the flaked almonds in a nonstick pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

**2. BE-CRUMB THE BEST VERSION** In a shallow dish, whisk 1 egg with 1 tsp of water. Prepare two more shallow dishes: one containing the cornflour (seasoned lightly) and the other containing a mixture of the breadcrumbs, the grated cheese, and seasoning. One at a time, coat the mushrooms in the flour first, then in the egg, and lastly in the crumb. When passing through the crumb, press it into the mushroom so it sticks and coats evenly. Dust off any excess in between coatings.

**3. MUSHROOM MAYHEM** Place a deep pan over a medium heat with 3-4cm of oil. When hot, fry the crumbed mushrooms for 3-4 minutes, shifting occasionally, until the crumb is golden. Remove from the pan on completion and drain on paper towel.

**4. WHAT'S AT STEAK?** Return the pan (from Step 1) to a medium-high heat with a drizzle of oil. Pat the steak dry with some paper towel. When the pan is hot, cook for 6-8 minutes in total, shifting and turning as it colours until browned all over and cooked to your preference. In the final 1-2 minutes, baste the steak with a knob of butter. Remove from the pan on completion and set aside to rest for 3-5 minutes before slicing. Lightly season the slices.

**5. FRESH SALAD** In a bowl, combine the rinsed green leaves, the radish rounds, the drained feta, ½ the toasted almonds, a drizzle of oil, and seasoning.

**6. DINNER IS SERVED!** Plate up the venison steak slices and side with the golden crumbed mushrooms. Serve with a hearty helping of the salad, garnish with the remaining toasted almonds, and side with the mayo for dunking. You can't beat the classics, Chef!

## Nutritional Information

Per 100g

Energy	868kJ
Energy	207kcal
Protein	14.7g
Carbs	17g
of which sugars	1.5g
Fibre	3g
Fat	9.1g
of which saturated	3.2g
Sodium	298mg

## Allergens

Egg, Gluten, Dairy, Wheat, Sulphites,  
Tree Nuts

Cook  
within  
4 Days