UCOOK

Venison & Broccoli Quinoa

with lemony yoghurt & kale

Hands-on Time: 15 minutes

Overall Time: 30 minutes

*New Calorie Conscious: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	398kJ	2066kJ
Energy	95kcal	494kcal
Protein	11.8g	61.5g
Carbs	8g	42g
of which sugars	1g	7g
Fibre	2g	11g
Fat	1.5g	7.8g
of which saturated	0.6g	2.9g
Sodium	210.8mg	1093.5mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
30ml	60ml	Quinoa *rinse*
150g	300g	Broccoli Florets *cut into bite-sized pieces*
1	1	Onion *peel & cut into thin wedges*
50g	100g	Kale *rinse & roughly shred*
5ml	10ml	NOMU Roast Rub
160g	320g	Free-range Venison Rump
3g	5g	Fresh Thyme *rinse*
30ml	60ml	Low Fat Plain Yoghurt
10ml	20ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. QUINOA Place the quinoa in a pot with 100ml [200ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. CHARRED VEGGIES Place a pan over medium heat with a drizzle of oil. When hot, fry the broccoli and the onion until charred, 6-8 minutes. Mix in the kale and the NOMU rub. Fry until the kale is wilted, 2-3 minutes. Remove from the heat and season.

3. VENISON Return the pan to medium-high heat with a drizzle of oil if necessary. Pat the venison dry with paper towel. When hot, sear the venison until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, add the thyme and fry with the venison. Remove from the pan and set aside to rest for 3-5 minutes before slicing and seasoning.

4. JUST BEFORE SERVING Combine the yoghurt with the lemon juice (to taste). In a separate bowl, combine the charred veggies with the quinoa.

5. TIME TO EAT Make a bed of the charred veggies, top with the venison slices, and finish with dollops of the lemony yoghurt. Cheers, Chef!