



UCOOK

Seared Venison & Horseradish Sauce

with roasted butternut & beetroot

Butternut and beetroot are dressed in thyme and oven-roasted to golden perfection. Plated with fresh baby spinach, rocket, and tender venison rump slices, and finished off with a creamy horseradish drizzle. Simply stunning!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Carb Conscious

 Painted Wolf Wines | The Pack Darius Carignan 2020

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
150g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
10ml	Dried Thyme
160g	Free-range Venison Rump
50ml	Creamy Horseradish <i>(20ml Horseradish Sauce & 30ml Crème Fraîche)</i>
20g	Green Leaves <i>rinse</i>

From Your Kitchen

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

1. ROAST VEG Preheat the oven to 200°C. Spread the butternut & beetroot pieces on a roasting tray. Coat in oil, the dried thyme, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. FRY THE STEAK When the roast has 8-10 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. JUST BEFORE SERVING In a small bowl, loosen the creamy horseradish with water in 5ml increments until drizzling consistency, and season.

4. DINNER IS READY Plate up the rinsed green leaves and the roast veg, and side with the steak slices. Drizzle the creamy horseradish over it all to finish. Delish, Chef!



Chef's Tip

Air fryer method: Coat the butternut & beetroot pieces in oil, the dried thyme, and seasoning. Air fry at 200°C until crispy, 25-35 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	412kJ
Energy	98kcal
Protein	8.9g
Carbs	7g
of which sugars	1.6g
Fibre	1.8g
Fat	3.1g
of which saturated	1.8g
Sodium	171mg

Allergens

Sulphites, Cow's Milk

Eat
Within
4 Days