



UCOOK

Lemongrass Venison Noodle Salad

with cucumber, coriander & peanuts

Juicy venison goulash is drenched in a marinade of fragrant & flavourful lemongrass, Asian aromatics, honey, sesame oil, sriracha sauce & lime juice. Served on stringy egg noodles loaded with crunchy cabbage and topped with cucumbers & peanuts. Finished with a sprinkling of fresh coriander & chilli. Hello, summer!

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Quick & Easy

 Waterford Estate | Range Grenache Noir 2019

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Ingredients & Prep

1 stick	Lemongrass <i>rinsed</i>
10g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
80ml	Asian Sauce <i>(30ml Low Sodium Soy Sauce, 15ml Honey, 5ml Sesame Oil, 20ml Lime Juice & 10ml Sriracha Sauce)</i>
150g	Free-range Venison Chunks
50g	Cucumber <i>thinly sliced into rounds</i>
1 cake	Egg Noodles
100g	Cabbage
4g	Fresh Coriander
1	Spring Onion
15g	Peanuts <i>roughly chopped</i>

From Your Kitchen

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

1. MARINATE IT, MATE! Boil the kettle. Trim off the very top and the base of the lemongrass, then peel away the tough outer layers. Use a rolling pin or cleaver to lightly crush the lemongrass, slice it in half lengthways, then finely dice. Place the diced lemongrass in a bowl along with the grated ginger, grated garlic, sliced chilli (to taste), and ½ the Asian Sauce. Mix until fully combined. Add the venison chunks and allow to marinate.

2. EGGY NOODLES Fill a pot for the noodles with boiling water, add a pinch of salt, and place over a medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain on completion and toss through some oil to prevent sticking.

3. PREP STEP Finely slice ½ the cabbage, and rinse and pick the coriander. Rinse and trim the ends off the spring onion, then finely slice, keeping the white and green parts separate.

4. ALL SYSTEMS GO! Place a non-stick pan over medium-high heat with a drizzle of oil. When hot, fry the marinated venison for 4-5 minutes until browned and cooked through, shifting as it colours. Remove from the pan, season, and set aside.

5. SAUCY SALAD In a large bowl, add the noodles, sliced cabbage, the white parts of the spring onion, the remaining Asian Sauce (to taste), and seasoning. Mix to combine.

6. PLATE UP! Make a bed of the loaded noodles. Top with the cucumber slices and lemongrass venison. Garnish with the spring onion greens, picked coriander, the chopped peanuts, and any remaining chopped chilli to taste. Time to feast!



Chef's Tip

Marinate the beef a day earlier for even better flavours!

Nutritional Information

Per 100g

Energy	616kJ
Energy	147kcal
Protein	12.2g
Carbs	15g
of which sugars	4.7g
Fibre	1.2g
Fat	3.8g
of which saturated	0.9g
Sodium	440mg

Allergens

Egg, Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Soy

Cook
within
4 Days