



UCOOK

Venison Steak & Cornbread

with sautéed spinach & BBQ sauce

A classic and convenient family meal that brings everyone together. This recipe features succulent free-range venison steak accompanied by homemade cornbread, fragrant fried spinach and onions, and a delightful BBQ sauce drizzle. Get ready for a satisfying feast that will leave everyone asking for seconds!

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 3 People

Chef: Thea Richter

 Fan Faves

 No paired wines

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Ingredients & Prep

240g	Tinned Sweetcorn
90ml	Polenta
180ml	Self-raising Flour
60ml	White Sugar
30g	Almonds
150g	Spinach <i>rinsed & roughly shredded</i>
2	Onions <i>1½ peeled & finely sliced</i>
480g	Free-range Venison Steak
120ml	BBQ Sauce
12g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. CORNBREAD MIX Preheat the oven to 200°C. Place a loaf tin or a small baking dish in the oven to heat up. Heat 60g of butter in the microwave or in a pot over the stove until melted. In a bowl, combine the sweetcorn, the melted butter, 2 eggs, and 90ml of milk or water. Mix until combined. Add the polenta, the flour, the sugar (don't add all the sugar if you'd prefer a more savoury cornbread), and seasoning.

2. BAKE Carefully remove the loaf tin or baking dish from the oven and add a drizzle of oil. Swish the oil around to make sure the base is fully greased. Pour in the batter and spread out evenly. Return to the hot oven and bake until golden and a skewer comes out clean, 30-35 minutes. Remove from the oven and cool for 15 minutes before turning it out. Run a knife around the edge to help turn out the cornbread. Cut into pieces as desired.

3. ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. SPINACH & ONION When the cornbread is halfway, place the shredded spinach in a bowl with a drizzle of oil and seasoning. Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 4-5 minutes (shifting occasionally). Add the spinach and fry until wilted, 3-5 minutes. Remove from the pan, season, and cover.

5. VENISON STEAK Return the pan to medium-high heat with a drizzle of oil. 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, baste with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. SERVE IT! Plate up the cornbread. Side with the fried spinach & onion sprinkled with the toasted almonds. Serve with the venison steak slices drizzled with the BBQ sauce. Sprinkle over the chopped parsley and dive in, Chef!

Nutritional Information

Per 100g

Energy	660kJ
Energy	158kcal
Protein	11.9g
Carbs	22g
of which sugars	9.9g
Fibre	1.5g
Fat	2.3g
of which saturated	0.6g
Sodium	225mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Tree Nuts, Soy

Cook
within
4 Days