



UCOOK

Venison & Golden Hashbrowns

with sour cream & a green leaf salad

This one is fresh, crunchy, earthy, and just simply fabulous. Perfectly crispy hashbrowns are served with sour cream & accompanied by free-range venison steak slices. Served with a peppery radish & green leaf salad dotted with sweet dried cranberries & pumpkin seeds. Delish!

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kate Gomba

 Fan Faves

 Waterford Estate | Range Grenache Noir 2019

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Ingredients & Prep

600g	Potato <i>peeled</i>
1	Onion <i>¾ peeled & finely diced</i>
3	Garlic Cloves <i>peeled & grated</i>
8g	Fresh Chives <i>rinsed & finely sliced</i>
105ml	Flour Mix <i>(45ml Self-raising Flour & 60ml Cornflour)</i>
480g	Free-range Venison Steak
60g	Green Leaves <i>rinsed</i>
150g	Cucumber <i>cut into half-moons</i>
45g	Cranberry & Seed Mix <i>(22,5g Pumpkin Seeds & 22,5ml Dried Cranberries)</i>
90ml	Sour Cream
2	Lemons <i>cut into wedges</i>

From Your Kitchen

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

1. HASHY UP & PREP Using the bigger holes on a grater, grate the peeled potato and place in a bowl of water. Set aside.

2. STOP THE STARCH Fill a pot with enough water to fully submerge the grated potatoes. Place over a high heat. Once the water is boiling, drain the grated potato and add it to the pot. Cover with a lid and boil for 4-5 minutes until starting to soften a bit. Drain and run through some cold water to stop the cooking process.

3. GIVE IT A SQUEEZE Place the drained grated potatoes on a clean tea towel and squeeze out the excess water. Place in a bowl. Add the diced onion, the grated garlic, ½ the sliced chives, the flour mix, and seasoning. Mix until combined. Shape into 2-3 rostis per portion.

4. CRISP & BROWN Place a pan over medium heat with enough oil to cover the base. When hot, fry the rostis for 4-5 minutes per side until crispy and golden, turning as they colour. You may need to do this step in batches. Remove from the pan and drain on paper towel. Cover to keep warm.

5. SIZZLING STEAK Return the pan, wiped down, to a high heat with a drizzle of oil. Pat the steak dry with paper towel and season. When the pan is hot, cook for 5-6 minutes, shifting as it colours, until browned all over and cooked to your preference. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

6. GET DRESSED In a bowl, combine the rinsed green leaves, the cucumber half-moons, the cranberry & seed mix, seasoning, and a drizzle of oil. In a small bowl, combine the sour cream with the juice from 3 lemon wedges and some seasoning.

7. WHAT A NIGHT Plate up the golden hashbrowns and side with the zingy sour cream for dunking. Serve with the salad and the steak slices. Garnish with the remaining chives and lemon wedges alongside. Lovely, Chef!

Nutritional Information

Per 100g

Energy	450kj
Energy	107kcal
Protein	9.5g
Carbs	12g
of which sugars	1.6g
Fibre	1.9g
Fat	2.1g
of which saturated	1g
Sodium	131mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 2
Days