



UCOOK

Spanish Venison Stew

with flour tortilla quarters & sour cream

If you think stew can be a bit stock-standard, think again, Chef! We've taken the warming flavours of Spain and given it a local twist. Featuring free-range South African venison, the rich tomato base dotted with kidney beans is balanced beautifully with dollops of sour cream. Sided with toasted tortilla quarters.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Strandveld | Shiraz 2021

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Ingredients & Prep

150g	Free-range Venison Chunks
1	Onion <i>peel & roughly dice</i>
15ml	NOMU Spanish Rub
50ml	Tomato Passata
60g	Kidney Beans <i>drain & rinse</i>
1	Wheat Flour Tortilla
20g	Grated Mozzarella & Cheddar Cheese
30ml	Sour Cream
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. BROWN THE MEAT Place a pan over medium-high heat with a drizzle of oil. Pat the venison dry with paper towel. When hot, sear the venison until browned but not cooked through, 1-2 minutes (shifting occasionally). Remove from the pan.

2. STEW Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onion until soft and turning golden, 4-5 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 100ml of water. Simmer until reduced and thickening, 6-8 minutes. In the final 2-3 minutes, add the rinsed beans and the browned venison. Remove from the heat, add a sweetener, and season.

3. TOAST Place a clean pan over medium heat with a knob of butter. When hot, toast each tortilla until lightly golden, 1-2 minutes per side. Cut into quarters.

4. TIME TO EAT Bowl up the venison stew. Sprinkle over the grated cheese, and top with a dollop of the sour cream. Serve alongside the tortilla quarters and garnish with chopped coriander. Well done, Chef!

Nutritional Information

Per 100g

Energy	590kj
Energy	141kcal
Protein	13.1g
Carbs	11g
of which sugars	2.4g
Fibre	2.3g
Fat	4g
of which saturated	2.2g
Sodium	408mg

Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Cook
within
4 Days