



UCOOK

Smothered Venison Goulash

with garlicky green beans

If you've never tried venison, it's time to take a walk on the wild side, Chef! This recipe is the ideal way to try out this leaner, healthier alternative to beef. Coated in NOMU One For All Rub flour mix, venison chunks are pan-fried until perfectly browned. These share a plate with potato mash, garlic green beans, and a garnish of toasted pumpkin seeds.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba

 Fan Faves

 Cathedral Cellar Wines | Cathedral Cellar-
Cabernet Sauvignon 2021

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

400g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
20g	Pumpkin Seeds
1	Onion <i>peel & roughly slice</i>
300g	Free-range Venison Chunks
60ml	Rub Mix <i>(30ml Cornflour & 30ml NOMU One For All Rub)</i>
160g	Green Beans <i>rinse & trim</i>
1	Garlic Clove <i>peel & grate</i>

From Your Kitchen

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

1. POTATO MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

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

3. ONION Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until soft and lightly golden, 4-5 minutes. Remove from the pan.

4. VENISON Return the pan to medium-high heat with a drizzle of oil and a knob of butter (optional). Pat the venison dry with paper towel, cut into small pieces, and coat in the rub mix. When hot, sear the venison until browned, 1-2 minutes (shifting occasionally). Add the cooked onions and 100ml of water. Simmer until reduced and thickening, 2-3 minutes. Remove from the heat and season.

5. GREEN BEANS Place a pan over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the green beans until lightly charred but still crunchy, 4-5 minutes (shifting occasionally). In the final 30-60 seconds, add the grated garlic and fry until fragrant.

6. DINNER IS READY Plate up the creamy mash. Side with the venison & all the pan juices and the garlicky green beans. Scatter the toasted pumpkin seeds over the green beans. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	439kJ
Energy	105kcal
Protein	10.3g
Carbs	12g
of which sugars	1.7g
Fibre	2.1g
Fat	1.3g
of which saturated	0.5g
Sodium	227mg

Allergens

Allium

Cook
within
4 Days