



# UCCOOK

## West African Venison & Peanut Stew

with rotis & fresh parsley

This West African peanut stew is traditionally called granat soup. This recipe is made with simple ingredients; peanut butter, tomato, onions and garlic! These flavours meld together to create a magically unique and tasty dinner. With peanuts for added crunch and sprinkles of parsley for a fragrant finish, you'll remember this dish for a long time to come!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Ella Nasser

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 Quick & Easy

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 Waterford Estate | Waterford The Library  
Collection Cabernet Franc 2017

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## Ingredients & Prep

1	Onion <i>½ peeled &amp; cut into chunks</i>
200g	Potato
1	Garlic Clove <i>peeled &amp; grated</i>
15ml	NOMU Moroccan Rub
80ml	Tomato Passata
15ml	Peanut Butter
5ml	Vegetable Stock
10g	Peanuts
4g	Fresh Parsley
50g	Kale
160g	Free-range Venison Steak
1	Whole Wheat Roti

## From Your Kitchen

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

**1. BASE CAMP** Boil the kettle. Place a pot over a medium heat with a drizzle of oil. When hot, add the onion chunks and fry for 5-6 minutes until soft, shifting occasionally. While the onion is frying, rinse and cut the potato into small bite-sized chunks.

**2. LOAD THE STEW** When the onions are soft, add the grated garlic, the potato chunks, ½ the rub, the tomato passata, the peanut butter, 400ml of boiling water, and the stock. Mix until the peanut butter is fully combined. Reduce the heat and leave to simmer for 15-20 minutes until slightly thickened and the potato is soft. Add a splash of warm water if the sauce reduces too quickly.

**3. TOAST PEANUTS** Place the peanuts in a non-stick pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and roughly chop.

**4. SIZZLING VENISON** While the stew is simmering, rinse the parsley and the kale. Roughly shred the kale. Chop the rinsed parsley. Pat the venison dry with paper towel, cut into bite-sized chunks, and coat in the remaining rub and a drizzle of oil. Return the pan to a medium-high heat with a drizzle of oil. When hot, add the venison chunks and fry for 2-3 minutes per side until browned and cooked to your preference. When the stew has 2-3 minutes remaining, add the shredded kale and the browned venison. On completion, season with a sweetener of choice (to taste), salt, and pepper.

**5. ROTI TIME** Return the pan, wiped down, to a medium heat. When hot, warm the roti for 30-60 seconds per side until heated through and lightly toasted.

**6. WEST-AFRICAN FEAST!** Plate up the fragrant peanut & venison stew. Sprinkle over the toasted peanuts and garnish with the chopped parsley. Side with the warm roti. Divine, Chef!

## Nutritional Information

Per 100g

Energy	533kj
Energy	127kcal
Protein	9.8g
Carbs	14g
of which sugars	2.7g
Fibre	2.4g
Fat	3.4g
of which saturated	0.8g
Sodium	387.8mg

## Allergens

Gluten, Dairy, Allium, Peanuts, Wheat, Sulphites, Soy

Cook  
within  
4 Days