UCOOK

# Red Pepper Pesto Hummus & Venison

**with cabbage, chickpeas & fluffy bulgur**

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Nitída | Pinot Noir

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 737kJ | 3967kJ |
| Energy | 176kcal | 948kcal |
| Protein | 13.4g | 72.4g |
| Carbs | 19g | 104g |
| of which sugars | 2.1g | 11.6g |
| Fibre | 4.8g | 25.6g |
| Fat | 4.2g | 22.7g |
| of which saturated | 1g | 5.4g |
| Sodium | 367mg | 1976mg |

**Allergens:** Sulphites, Gluten, Sesame, Tree Nuts, Wheat, Cow's Milk, Allium

**Spice Level:** None

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|---|---|---|
| 225ml | 300ml | Bulgur Wheat |
| 360g | 480g | Chickpeas<br>*drain & rinse* |
| 300g | 400g | Cabbage<br>*cut into big bite-sized chunks* |
| 45ml | 60ml | NOMU Moroccan Rub |
| 450g | 600g | Free-range Venison Chunks |
| 225ml | 300ml | Pesto Hummus<br>*(75ml [100ml] Pesto & 150ml [200ml] Hummus)* |
| 30g | 40g | Pumpkin & Sunflower Seed Mix |
| 8g | 10g | Fresh Parsley<br>*rinse, pick & roughly chop* |

## From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Butter
Paper Towel

1. BEGIN WITH BULGUR Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

2. CHICKPEAS & CABBAGE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the chickpeas and the cabbage until lightly golden, 12-15 minutes. Add ½ of the NOMU rub and fry until fragrant, 1-2 minutes. Alternatively, air fry at 200°C until crispy, 25-35 minutes (shifting halfway). Remove from the pan. Add to the bulgur and season.

3. VENISON Return the pan to medium-high heat with a drizzle of oil. Pat the venison dry with paper towel, cut into small bite-sized pieces and season. When hot, sear the venison until browned, 3-4 minutes (shifting occasionally). In the final minute, baste with a knob of butter and the remaining NOMU rub. Remove from the pan.

4. TIME TO EAT Make a bed of the loaded bulgur and top with the venison. Add dollops of the pesto hummus over. Sprinkle over the seed mix and garnish with the parsley. Good job, Chef!

**Chef's Tip** Place the pumpkin & sunflower seed mix in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.