



UCOOK

Fab Venison Bulgur Salad

with pickled bell peppers, charred corn
& fresh dill


Tender, seared venison is served atop a bed of bulgur loaded with tangy pickled bell peppers & charred corn. The dish is finished off with a fresh dill garnish & a crack of black pepper. Who said simple can't be fancy, Chef?


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Rhea Hsu

 ***NEW Simple & Save**

 Waterkloof | False Bay Cinsault / Mourvèdre
Rosé

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Ingredients & Prep

300ml	Bulgur Wheat
150g	Corn
450g	Venison Chunks
15ml	NOMU African Rub
30ml	Lemon Juice
60g	Pickled Bell Peppers <i>drained & roughly chopped</i>
8g	Fresh Dill <i>rinsed & picked</i>

From Your Kitchen

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

1. BULGUR KING Boil the kettle. Place the bulgur wheat in a bowl with 300ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and set aside until rehydrated, 15-20 minutes. Fluff with a fork.

2. GOLDEN BITS Place a pan over a high heat with a drizzle of oil. When hot, add the corn and fry until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

3. VERY VENISON Return the pan to a medium-high heat with a drizzle of oil. Pat the venison chunks dry with paper towel. When hot, sear the venison until browned, 3-4 minutes (shifting occasionally). In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and season. You may need to do this step in batches.

4. ALL ABOUT THE BASE In a salad bowl, combine the lemon juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the cooked bulgur, the chopped pickled peppers, the charred corn, and ½ the picked dill.

5. THAT'S THAT, CHEF! Plate up the loaded bulgur salad and top with the seared venison. Drizzle over any pan juices. Garnish with the remaining picked dill, and finish it off with a crack of black pepper. Simple yet stunning, Chef!

Nutritional Information

Per 100g

Energy	777kJ
Energy	186kcal
Protein	18g
Carbs	24g
of which sugars	1.9g
Fibre	4g
Fat	1.9g
of which saturated	0.8g
Sodium	366mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days