

QCOOK

Venison Fajita Salad

with baby marrows & bell peppers

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Calorie Conscious: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	333kj	1801kj
Energy	80kcal	431kcal
Protein	10.2g	54.9g
Carbs	6g	33g
of which sugars	2g	11g
Fibre	2g	13g
Fat	1.2g	6.5g
of which saturated	0.5g	2.9g
Sodium	257.5mg	1391.9mg

Allergens: Allium

Spice Level: None



Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Baby Marrow
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into strips</i>
450g	600g	Free-range Venison Strips
60ml	80ml	Mexi Spice <i>(52,5ml [70ml] NOMU Mexican Spice Blend & 7,5ml [10ml] Garlic Powder)</i>
180g	240g	Red Kidney Beans <i>drain & rinse</i>
60g	80g	Green Leaves <i>rinse</i>

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water

1. VEGGIE MEDLEY Place a pan or griddle pan over medium heat. Coat the baby marrow, onion, and bell pepper with cooking spray (or a drizzle of oil). When hot, fry until charred, 5-6 minutes (shifting as they colour). Season, remove from the pan and set aside to cool slightly.

2. BEEF & MEXICAN BEANS Return the pan to medium heat and spray with cooking spray (if necessary). Pat the venison strips dry with paper towel. When hot, add the venison strips to the pan along with a Mexi spice and beans. Cook until the meat is browned, 20-30 seconds (shifting occasionally). Remove the pan from the heat and season.

3. MMMEXICAN DINNER Make a bed of green leaves. Top with the charred veg and then the Mex-spiced venison strips. Just like that, dinner is ready, Chef!