



# UCOOK

## Spanish Venison Stew

with flour tortilla quarters & sour cream

If you think stew can be a bit stock-standard, think again, Chef! We've taken the warming flavours of Spain and given it a local twist. Featuring free-range South African venison, the rich tomato base dotted with kidney beans is balanced beautifully with dollops of sour cream. Sided with toasted tortilla quarters.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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 Quick & Easy

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 Strandveld | Shiraz 2021

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## Ingredients & Prep

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300g	Free-range Venison Chunks
1	Onion <i>peel &amp; roughly dice</i>
30ml	NOMU Spanish Rub
100ml	Tomato Passata
120g	Kidney Beans <i>drain &amp; rinse</i>
2	Wheat Flour Tortillas
40g	Grated Mozzarella & Cheddar Cheese
60ml	Sour Cream
5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. BROWN THE MEAT** Place a pan over medium-high heat with a drizzle of oil. Pat the venison dry with paper towel. When hot, sear the venison until browned but not cooked through, 1-2 minutes (shifting occasionally). Remove from the pan.

**2. STEW** Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onion until soft and turning golden, 4-5 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 200ml of water. Simmer until reduced and thickening, 6-8 minutes. In the final 2-3 minutes, add the rinsed beans and the browned venison. Remove from the heat, add a sweetener, and season.

**3. TOAST** Place a clean pan over medium heat with a knob of butter. When hot, toast each tortilla until lightly golden, 1-2 minutes per side. Cut into quarters.

**4. TIME TO EAT** Bowl up the venison stew. Sprinkle over the grated cheese, and top with a dollop of the sour cream. Serve alongside the tortilla quarters and garnish with chopped coriander. Well done, Chef!

## Nutritional Information

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Per 100g

Energy	590kJ
Energy	141kcal
Protein	13.1g
Carbs	11g
of which sugars	2.4g
Fibre	2.3g
Fat	4g
of which saturated	2.2g
Sodium	408mg

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## Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Cook  
within  
4 Days