



UCOOK

Venison & Blueberry Glaze

with potato wedges, a green bean salad & a red wine dressing

No need to order an Uber, date night is happening at home! Juicy venison steak slices are smothered in a red wine blueberry & balsamic glaze. Served with herby potato wedges and a side salad with crunchy walnuts.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Adventurous Foodie

 Deetlefs Wine Estate | Deetlefs Stonecross
Malbec

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Ingredients & Prep

200g	Potato <i>rinse & cut into wedges</i>
60g	Blueberries
72,5ml	Wine Sauce <i>(50ml Red Wine, 15ml Balsamic Vinegar & 7,5ml Honey)</i>
1	Garlic Clove <i>peel & grate</i>
3g	Fresh Rosemary <i>rinse</i>
10g	Walnuts <i>roughly chop</i>
80g	Green Beans <i>rinse, trim & slice into thirds</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
160g	Free-range Venison Rump

From Your Kitchen

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

1. LIVING ON THE WEDGE Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. GLAZED OVER To a small saucepan, add the blueberries, a sweetener, $\frac{3}{4}$ of the wine sauce, the grated garlic, and $\frac{1}{2}$ the rinsed rosemary sprigs. Using a fork, lightly crush the blueberries to break their skins. Place over medium heat and simmer until slightly reduced, 4-5 minutes. Cover and set aside.

3. WHIP OUT THE WALNUTS Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. SOME CRUNCH FOR THE MUNCH Place a pan over medium-high heat with a splash of water. When starting to bubble, simmer the sliced green beans until cooked al dente, 3-4 minutes. Remove from the pan and season.

5. SUAVE SALAD In a salad bowl, combine the remaining wine sauce, a drizzle of olive oil, a sweetener, and seasoning. Just before serving, toss through the cooked green beans, the shredded salad leaves, and the toasted walnuts.

6. SIZZLING STEAK Return the pan to medium-high heat with a drizzle of oil. Pat the venison dry with paper towel. When hot, sear the venison until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste the venison with a knob of butter and the remaining rosemary. Remove from the pan and set aside to rest for 3-5 minutes before slicing and seasoning.

7. QUICK REHEAT While the venison is resting, return the saucepan with the blueberry glaze to medium heat and bring to a simmer. Remove the rosemary stalks and discard. Remove from the heat and stir in a knob of butter. Loosen with a splash of warm water, if necessary, and season.

8. SERVICE, PLEASE! Plate up the venison slices and drizzle over the blueberry glaze. Side with the potato wedges and the dressed salad. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	432kJ
Energy	103kcal
Protein	9.3g
Carbs	11g
of which sugars	3.5g
Fibre	1.7g
Fat	1.8g
of which saturated	0.5g
Sodium	128mg

Allergens

Allium, Sulphites, Tree Nuts, Alcohol, Cow's Milk

Cook
within 3
Days