



UCCOOK

Spicy Green Beans & Venison Strips

with a fresh radish & cucumber salad

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Nitída | Pinot Noir

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 317kJ | 1311kJ |
| Energy | 76kcal | 313kcal |
| Protein | 11.9g | 49.2g |
| Carbs | 4g | 17g |
| of which sugars | 1.9g | 7.9g |
| Fibre | 1.6g | 6.7g |
| Fat | 1.1g | 4.6g |
| of which saturated | 0.5g | 2.2g |
| Sodium | 221mg | 914mg |

Allergens: Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 150g | 300g | Green Beans <i>rinse & halve</i> |
| 1 | 1 | Fresh Chilli <i>rinse, trim, deseed & finely slice</i> |
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 20g | 40g | Radish <i>rinse & slice into thin rounds</i> |
| 50g | 100g | Cucumber <i>rinse & roughly dice</i> |
| 10ml | 20ml | Lemon Juice |
| 150g | 300g | Free-range Venison Strips <i>pat dry</i> |
| 7,5ml | 15ml | NOMU One For All Rub |

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

1. CHARRED BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 6-7 minutes (shifting occasionally). In the final 1-2 minutes, toss through the chilli, and a knob of butter. Remove from the pan, season, and cover.

2. ZESTY SALAD Place the salad leaves in a bowl. Toss with the radish, the cucumber, the lemon juice, a drizzle of olive oil, and seasoning. Set aside.

3. BUTTER-BASTED VENISON Return the pan to medium-high heat with a drizzle of oil and a knob of butter. Pat the strips dry with paper towel, coat in the NOMU rub, and season. Sear the venison until browned, 30-60 seconds per side. Remove from the pan and reserve any pan juices.

4. A MOUTHWATERING MEAL Bowl up the fresh salad & the charred beans. Top with the venison strips and drizzle over the pan juices.