UCOOK

Red Pepper Pesto Hummus & Venison

with cabbage, chickpeas & fluffy bulgur

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Nitída | Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	737kJ	3967kJ
Energy	176kcal	948kcal
Protein	13.4g	72.4g
Carbs	19g	104g
of which sugars	2.1g	11.6g
Fibre	4.8g	25.6g
Fat	4.2g	22.7g
of which saturated	1g	5.4g
Sodium	367mg	1976mg

Allergens: Sulphites, Gluten, Sesame, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Bulgur Wheat
120g	240g	Chickpeas *drain & rinse*
100g	200g	Cabbage *cut into big bite-sized chunks*
15ml	30ml	NOMU Moroccan Rub
150g	300g	Free-range Venison Chunks
75ml	150ml	Pesto Hummus *(25ml [50ml] Pesto & 50ml [100ml] Hummus)*
10g	20g	Pumpkin & Sunflower Seed Mix
3g	5g	Fresh Parsley *rinse, pick & roughly chop*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Butter
Paper Towel

1. BEGIN WITH BULGUR Boil the kettle. Place the bulgur wheat in a pot with 150ml [300ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

2. CHICKPEAS & CABBAGE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the chickpeas and the cabbage until lightly golden, 8-10 minutes. Add ½ of the NOMU rub and fry until fragrant, 1-2 minutes. Alternatively, air fry at 200°C until crispy, 15-25 minutes (shifting halfway). Remove from the pan. Add to the bulgur and season.

3. VENISON Return the pan to medium-high heat with a drizzle of oil. Pat the venison dry with paper towel, cut into small bite-sized pieces and season. When hot, sear the venison until browned, 2-3 minutes (shifting occasionally). In the final minute, baste with a knob of butter and the remaining NOMU rub. Remove from the pan.

4. TIME TO EAT Make a bed of the loaded bulgur and top with the venison. Add dollops of the pesto hummus over. Sprinkle over the seed mix and garnish with the parsley. Good job, Chef!

Chef's Tip Place the pumpkin & sunflower seed mix in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.