



# UCCOOK

## Turkish Spiced Venison Mince

with fluffy couscous & green beans

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Muratie Wine Estate | Muratie Martin Melch Cabernet Sauvignon

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 682kJ    | 3278kJ      |
| Energy             | 163kcal  | 783kcal     |
| Protein            | 14.4g    | 69.1g       |
| Carbs              | 20g      | 95g         |
| of which sugars    | 5.2g     | 24.9g       |
| Fibre              | 3.1g     | 15g         |
| Fat                | 3.4g     | 16.6g       |
| of which saturated | 0.7g     | 3.2g        |
| Sodium             | 278.3mg  | 1338mg      |

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

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                                                 |
|----------|------------|-----------------------------------------------------------------------------------------------------------------|
| 300ml    | 400ml      | Couscous                                                                                                        |
| 60g      | 80g        | Mixed Nuts<br>(30g [40g] Almonds & 30g [40g] Hazelnuts)                                                         |
| 300g     | 400g       | Green Beans<br><i>rinse &amp; cut in half</i>                                                                   |
| 450g     | 600g       | Free-range Venison Mince                                                                                        |
| 3        | 4          | Spring Onions<br><i>rinse, trim &amp; roughly slice</i>                                                         |
| 45ml     | 60ml       | Spice Mix<br>(30ml [40ml] NOMU<br>Moroccan Rub, 7,5ml [10ml]<br>Smoked Paprika & 7,5ml<br>[10ml] Garlic Powder) |
| 45ml     | 60ml       | Tomato Paste                                                                                                    |
| 60ml     | 80ml       | Apricot Jam                                                                                                     |
| 150ml    | 200ml      | Tzatziki                                                                                                        |

## From Your Kitchen

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

**1. COUSCOUS** Boil the kettle. Place the couscous in a bowl with 300ml [400ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

**2. NUTS & BEANS** Roughly chop the mixed nuts and set aside. 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). Remove from the pan, season, and cover.

**3. MINCE** Return the pan to medium-high heat with a drizzle of oil. Fry the mince and work quickly to break it up as it starts to cook. Add the spring onion, the spice mix, and the tomato paste. Fry until fragrant, 4-5 minutes. Deglaze with a splash of water, and mix in the apricot jam (to taste), and the charred green beans. Remove from the heat and season.

**4. DINNER IS READY** Make a bed of the fluffy couscous, top with the loaded flavourful mince, and dollops of the tzatziki. Sprinkle over the mixed nuts. Enjoy, Chef!

**Chef's Tip** Place the chopped nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.