



# U C O O K

— COOKING MADE EASY

## LUXURIOUS SPICED VENISON

**with balsamic-roasted baby onions & fluffy quinoa**

A perfect winter dinner of quality protein and warming flavours. The highlight? Exquisite, lean eland steak, rubbed with herbs and spices and cloaked in spinach and smooth cottage cheese.

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**Hands-On Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Tess Witney

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**Health Nut**

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## Ingredients & Prep

8	Baby Onions
3	Garlic Cloves
140ml	Balsamic-Honey Glaze (100ml balsamic vinegar & 40ml honey)
320ml	Smooth Cottage Cheese
15g	Fresh Parsley rinsed & roughly chopped
40g	Pumpkin Seeds
400g	Fresh Spinach rinsed & roughly shredded
20ml	NOMU Roast Rub
640g	Venison Steak
400ml	White Quinoa

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Tinfoil  
Water  
Paper Towel  
Butter

**1. BALSAMIC ROAST** Preheat the oven to 200°C. Peel the onions and halve them lengthways, without removing the tip keeping each layer intact. Place on a roasting tray with the unpeeled garlic cloves. Toss through the balsamic-honey mixture, a drizzle of oil, and seasoning. Spread out cut-side down, cover the tray with tinfoil, and roast in the hot oven for 30-35 minutes until soft. Discard the tinfoil, turn the onions cut-side up, and roast for 10-12 minutes until caramelised.

**2. FLUFFY QUINOA** Rinse the quinoa and place in a pot. Submerge in 800ml of water and bring to a simmer. Cook for 12-15 minutes until the quinoa is fluffy and the tails pop out, only adding more water if required. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

**3. SEEDS & CREAMY CHEESE** Place the pumpkin seeds in a large pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan and set aside to cool. Combine the smooth cottage cheese with three quarters of the chopped parsley and a drizzle of oil. Season to taste and set aside for serving.

**4. WILTED SPINACH** Return the pan to a medium-high heat with a drizzle of oil or knob butter. When hot, sauté the spinach for 5-7 minutes until wilted. Season to taste and toss through the cooked quinoa. If you like, stir in an extra knob of butter.

**5. FRY THE VENISON** Pat the steaks dry with some paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the steaks for 6-8 minutes, shifting and turning as they colour until browned and cooked to your preference. (This time frame yields a medium-rare result.) In the final 2-3 minutes, use a knob of butter and the Roast Rub to baste the steaks. Remove from the pan on completion and set aside to rest for 5 minutes before thinly slicing. Lightly season the slices.

**6. FINISH UP** When the roast is ready, remove the veg from the tray. Add a small splash of water to draw out the remaining balsamic juices and reserve for serving. Remove the skin from the garlic cloves.

**7. DELICIOUS!** Make a bed of spinach quinoa and cover with the glazed onions, garlic flesh and balsamic pan juices. Top with the venison slices and a dollop of cottage cheese. Garnish with the pumpkin seeds and remaining chopped parsley. Perfect, Chef!

## Nutritional Information

Per 100g

Energy (kj)	621kj
Energy (kcal)	148kcal
Protein	14g
Carbs	17g
of which sugars	5g
Fibre	3g
Fat	2g
of which saturated	0g
Salt	1g

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days