COWAL DEER VENISON

Sweet Potato & Coconut Curry



A gently spiced, creamy coconut curry with locally sourced Cowal Deer venison mince, tender sweet potato, red pepper and spinach. An easy, warming family supper served with fluffy rice.

SERVES	PREP	COOK	DIFFICULTY
4	15 min	35 min	2 / 5

CATEGORY Family Favourites

VENISON CUT Minced Venison

Ingredients

VENISON & VEGETABLES

- 500g Cowal Deer minced venison
- 400g sweet potato, peeled and diced (1.5cm)
- 1 medium onion, finely chopped
- 1 red pepper, deseeded and sliced
- 2 garlic cloves, finely chopped
- 15g fresh ginger, finely grated
- 100g baby spinach
- 1 tbsp olive oil

SAUCE & TO SERVE

- 2 tbsp mild curry powder
- 1 tbsp tomato purée
- 400ml tin coconut milk
- 150ml vegetable or beef stock
- 1 tbsp lime juice
- 2 tbsp fresh coriander, chopped
- Salt and black pepper, to taste
- 250g basmati rice (to serve)
- Lime wedges (to serve, optional)

Method

1. Prepare the ingredients Peel and cut the sweet potato into small 1.5cm cubes. Chop the onion, garlic and ginger; slice the pepper. Rinse the rice ready for cooking.

2. Soften the vegetables Heat the olive oil in a deep frying pan over a medium heat. Fry the onion and red pepper for 4–5 minutes, until softened. Add the garlic and ginger and cook for 1 minute.

3. Brown the venison Add the minced venison. Cook for 6–8 minutes, breaking it up with a spoon, until evenly browned. Stir in the curry powder and tomato purée for 1 minute.

4. Add the sauce Stir in the diced sweet potato, coconut milk and stock. Bring to a gentle simmer and cover loosely with a lid.

5. Simmer until tender Simmer gently for 15–18 minutes, stirring occasionally, until the sweet potato is tender. Add a splash of water if the sauce thickens too much.

6. Cook the rice While the curry simmers, cook the basmati rice in boiling water according to the packet instructions. Drain and keep warm.

7. Finish the curry Stir in the spinach for 2–3 minutes until wilted. Check the venison is thoroughly cooked (75°C in the centre if using a thermometer). Stir in lime juice and season.

8. Serve Spoon the curry into warm bowls beside the rice. Scatter over the chopped coriander and serve with lime wedges, if liked.

Susie's Kitchen Tips

Cut the sweet potato into evenly sized, small cubes so it softens quickly. Start with mild curry powder and add chilli flakes at the table for anyone who likes extra heat. Leftovers can be chilled promptly and reheated until piping hot.