



venison with sugar snaps and prunes

A recipe by petra: www.cookseasonal.com/recipe/129

Preparation

1. Soak the prunes in the tea (make it strong), then leave to drain.
2. Salt and pepper the venison. Cut the spring onions into thin rings.
3. Heat the butter in a pan and sear the venison on both sides. Lower the heat and fry the meat for 2 minutes on each side. Remove the meat from the pan and cover with aluminum foil.
4. Heat the prunes in the baking liquid.
5. Meanwhile, cook the sugar snaps until ready, then drain.

Serve with rice or noodles.

Ingredients

- **prunes:** 8 (dried)
- **Earl Grey tea:** 200 ml
- **venison fillets:** 2
- **salt:** 1 pinch
- **pepper:** 1 pinch (freshly ground)
- **butter (unsalted):** 40 gram
- **sunflower oil:** 2 tablespoon
- **sugar snaps:** 400 gram
- **soy sauce:** 2 tablespoon
- **spring onions:** 2

Timing

- **Preparation time:** 20 minutes
- **Waiting time:** minutes
- **Cooking time:** 0 minutes