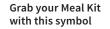


Venison Steak & Peppercorn Sauce

with Roasted Veggies & Nutty Greens

GOURMET













Garlic

Baby Broccoli





Green Beans

Flaked Almonds





Venison Steak

Black Peppercorns



Prep in: 25-35 mins Ready in: 30-40 mins



There's something eternally comforting about the aroma of a peppercorn sauce. Completely mouth-watering to say the least. Drizzled over tender seared venison steak with a side of greens and toasted almonds, it's time for pub-style steak and potatoes to move over; there's a new and completely luxe contender in town.



Olive Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsnip	2	4
garlic	4 cloves	8 cloves
baby broccoli	½ bag	1 bag
green beans	1 small packet	1 medium packet
flaked almonds	1 packet	2 packets
venison steak	1 medium packet	2 medium packets OR 1 large packet
black peppercorns	½ sachet	1 sachet
cream	½ packet (125ml)	1 packet (250ml)

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2493kJ (596Cal)	504kJ (120Cal)
Protein (g)	38g	7.7g
Fat, total (g)	32.1g	6.5g
- saturated (g)	16.5g	3.3g
Carbohydrate (g)	38g	7.7g
- sugars (g)	19.8g	4g
Sodium (mg)	93mg	19mg
Dietary Fibre (g)	6.9g	1.4g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancu a drop?

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Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato and parsnip into bite-sized chunks. Lightly crush half the garlic with the skin on.
- Place potato, parsnip and crushed garlic on a lined oven tray. Drizzle with olive oil and season with salt and pepper. Toss to coat, spread out evenly, then roast until tender, 20-25 minutes.



Get prepped

• Meanwhile, finely chop remaining garlic. Halve any thicker stalks of baby broccoli (see ingredients) lengthways. Trim green beans.



Cook the nutty greens

- · When the veggies have 15 minutes remaining, heat a large frying pan over high heat with a drizzle of olive oil.
- Add green beans and baby broccoli and cook until tender, 5-6 minutes.
- Add flaked almonds and chopped garlic and cook until fragrant, 1-2 minutes. Season to taste. Transfer to a bowl and cover to keep warm.



Cook the venison

- See Top Steak Tips (below)! Season venison steak on both sides.
- Return the frying pan to high heat with a drizzle of olive oil.
- When oil is hot, cook steak for 3-5 minutes on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.



Make the peppercorn sauce

- SPICY! Peppercorns can be spicy, use less if you're sensitive to heat! Meanwhile, lightly crush black peppercorns (see ingredients) with a mortar and pestle or in their sachet using a rolling pin.
- Wipe out frying pan and return to medium-low heat with a drizzle of olive oil. Add cream (see ingredients) and crushed peppercorns. then cook until warmed and fragrant, 1-2 minutes. Season to taste with salt.



Serve up

- · Slice venison steak.
- Divide roasted veggies, steak and nutty greens between plates.
- Spoon peppercorn sauce over steak to serve. Enjoy!

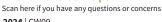
Top Steak Tips!

- 1. Use paper towel to pat steak dry before seasoning.
- 2. Check if steak is done by pressing on it gently with tongs rare steak is soft, medium is springy and well-done is firm.
- 3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.



Rate your recipe

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We're here to help!

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