



Venison Steak & Caramelised Onion Panini

with Parmesan Fries & Garlic Aioli

GOURMET

Grab your Meal Kit with this symbol



Potato



Grated Parmesan Cheese



Onion



Onion Chutney



Venison Steak



Wholemeal Panini



Smoked Cheddar Cheese



Tomato



Mixed Salad Leaves



Garlic Aioli

Prep in: 20-30 mins
Ready in: 30-40 mins

A steak sandwich is on everyone's mind tonight, but don't settle for any old one. Jazz it up with a tender venison steak, with sweet caramelised onion and salad. Even the panini is getting an upgrade by toasting it with a layer of smoked Cheddar. Serve with classic fries and garlic aioli and you've got one good looking, totally delicious panini!

Pantry items

Olive Oil, Balsamic Vinegar, White Wine Vinegar

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
grated Parmesan cheese	1 medium packet	1 large packet
onion	½	1
balsamic vinegar*	1 tsp	2 tsp
onion chutney	1 medium packet	1 large packet
venison steak	1 medium packet	2 medium packets OR 1 large packet
wholemeal panini	2	4
smoked Cheddar cheese	1 packet (50g)	2 packets (100g)
tomato	1	2
mixed salad leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3493kJ (835Cal)	559kJ (134Cal)
Protein (g)	54g	8.6g
Fat, total (g)	26.6g	4.3g
- saturated (g)	10.8g	1.7g
Carbohydrate (g)	92.3g	14.8g
- sugars (g)	30.9g	4.9g
Sodium (mg)	897mg	144mg

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.

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We're here to help!

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2024 | CW12



1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until just tender, **20-25 minutes**.
- In the last **5 minutes** of cook time, remove from oven, sprinkle with **grated Parmesan cheese** and bake until golden and crispy.

4



Bake the panini

- Halve **wholemeal panini**.
- When the fries have **5 minutes** remaining, sprinkle **smoked Cheddar cheese** over the top half of each **panini** and bake directly on a wire oven rack until the cheese is melted, **5 minutes**.

2



Caramalise the onion

- Meanwhile, thinly slice **onion** (see ingredients). Boil the kettle.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **6-7 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, **onion chutney** and a splash of **water** and mix well. Cook until dark and sticky, **2-3 minutes**. Transfer to a small bowl.

5



Toss the salad

- Thinly slice **tomato**.
- In a medium bowl, combine **mixed salad leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste

3



Cook the steak

- **See Top Steak Tips (below) for extra info!**
- Season **venison steak** with a pinch of **salt** and **pepper**. Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **venison** for **3-5 minutes** on each side (depending on thickness).
- Transfer to a plate to rest. Cover to keep warm.

TIP: This will give you a medium steak. Cook for a little less if you like it rare, or a little longer for well done.

6



Serve up

- Slice venison steak. Spread **garlic aioli** on panini halves.
- Top with steak, caramelised onion, tomato and dressed salad leaves.
- Serve with Parmesan fries. Enjoy!

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