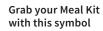


# Venison Steak & Caramelised Onion Panini

with Parmesan Fries & Garlic Aioli

GOURMET





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!

Vinegar

Olive Oil, Balsamic Vinegar, White Wine

#### 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  $\cdot$  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	1/2	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	<b>1 bag</b> (30g)	<b>1 bag</b> (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.

#### Fancy a drop?

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#### 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.



#### Caramelise 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.



## 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.

#### 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.



#### 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



## 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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