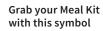


# Venison Steak & Caramelised Onion Panini

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<br>vinegar*     | 1 tsp                 | 2 tsp                                 |
| onion chutney            | 1 medium packet       | 1 large packet                        |
| venison steak            | 1 medium packet       | 2 medium packets<br>OR 1 large packet |
| wholemeal<br>panini      | 2                     | 4                                     |
| smoked Cheddar<br>cheese | 1 packet<br>(50g)     | 2 packets<br>(100g)                   |
| tomato                   | 1                     | 2                                     |
| mixed salad<br>leaves    | <b>1 bag</b><br>(30g) | <b>1 bag</b><br>(60g)                 |
| white wine<br>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?

Browse our Wine Boxes in the expanded menu to find your next perfect pairing.





#### 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!

Rate your recipe Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate