HELLO FRESH

Venison Steak & Peppercorn Sauce
with Roasted Veggies & Nutty Greens

GOURMET

Potato

Parsnip

Garlic

Baby Broccoli

Green Beans

Flaked Almonds

Venison Steak

Black Peppercorns

Cream

Pantry items

Olive Oil

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

Carb Smart

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.

0

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 medium bunch	1 medium bunch
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	1 packet

***Pantry Items**

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2496kJ (597Cal)	505kJ (121Cal)
Protein (g)	37.1g	7.5g
Fat, total (g)	34.1g	6.9g
- saturated (g)	16.5g	3.3g
Carbohydrate (g)	36.2g	7.3g
- sugars (g)	13.3g	2.7g
Sodium (mg)	158mg	32mg
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.

Fancy a drop?

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

1

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**.

2

Get prepped

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

3

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**.
- Cook **green beans** and **baby broccoli** 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.

4

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.

5

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**.

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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.