



Venison Steak & Caramelised Onion Panini

with Hand-Cut Fries & Gravy

GOURMET

Grab your Meal Kit with this symbol



Potato



Onion



Onion Chutney



Venison Steak



Wholemeal Panini



Shredded Cheddar Cheese



Gravy Granules



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 Cheddar cheese. 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
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
shredded Cheddar cheese	1 medium packet	1 large packet
gravy granules	1 medium sachet	2 medium sachets
boiling water*	½ cup	1 cup
tomato	1	2
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3338kJ (798Cal)	542kJ (130Cal)
Protein (g)	48.6g	7.9g
Fat, total (g)	22.5g	3.7g
- saturated (g)	7.2g	1.2g
Carbohydrate (g)	96.9g	15.7g
- sugars (g)	31.3g	5.1g
Sodium (mg)	1100mg	179mg
Dietary Fibre (g)	12.6g	2g

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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We're here to help!

Scan here if you have any questions or concerns

2024 | CW18



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**.

4



Bake the panini

- Halve **wholemeal panini**.
- When the fries have **5 minutes** remaining, sprinkle **shredded Cheddar cheese** over the top half of each **panini** and bake directly on a wire oven rack until the cheese is melted, **5 minutes**.
- Meanwhile, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people) in a medium heatproof bowl, whisking, until smooth, **1 minute**. Season to taste.

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.

2



Caramelize 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**.
- 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 mixed salad leaves.
- Serve with fries and gravy. Enjoy!

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