



# 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 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
onion	½	1
<b>balsamic vinegar*</b>	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
<b>boiling water*</b>	½ cup	1 cup
tomato	1	2
mixed salad leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	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](https://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 | CW20



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

- Boil the kettle. 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 10 minutes before slicing.

2



## Caramalise the onion

- Meanwhile, thinly slice **onion** (see ingredients).
- 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 time if you like it rare, or a little longer for well done.

6



## Serve up

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

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