



Balsamic-Glazed Venison Steak & Beetroot Toss

with Mash & Rosemary-Candied Walnuts

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Beetroot



Red Onion



Baby Broccoli



Potato



Rosemary



Walnuts



Venison Steak



Balsamic Glaze



Rocket Leaves



Greek Salad Cheese/
Feta Cheese

Hands-on: 30-40 mins
Ready in: 40-50 mins

The sticky, sweet tartness of our balsamic glaze really gets the mouth watering. Drizzled over tender seared venison steak and a side of roasted veggies topped with candied walnuts, this completely luxe dish will make the average dinner feel like a special occasion.

Pantry items

Olive Oil, Brown Sugar, Butter, Milk

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
red onion	1 (medium)	1 (large)
baby broccoli	1 bag	2 bags
potato	2	4
rosemary	2 sticks	4 sticks
brown sugar*	1 tbs	2 tbs
water*	½ tbs	1 tbs
walnuts	1 packet	2 packets
venison steak	1 packet	1 packet
balsamic glaze	1 bottle (25g)	2 bottles (50g)
butter*	60g	120g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
rocket leaves	1 bag (30g)	1 bag (60g)
Greek salad cheese/ feta cheese	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3496kJ (836Cal)	506kJ (121Cal)
Protein (g)	45.9g	6.6g
Fat, total (g)	45.9g	6.6g
- saturated (g)	22.5g	3.3g
Carbohydrate (g)	59.1g	8.5g
- sugars (g)	34.5g	5g
Sodium (mg)	787mg	114mg

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **beetroot** into thin wedges. Cut the **red onion** into thick wedges. Place the **beetroot** and **onion** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast for **15-20 minutes**. Meanwhile, trim the **baby broccoli**. When the veggies have roasted, remove the tray from the oven, then add the **baby broccoli** with a drizzle of **olive oil**. Toss to combine, then roast until tender, a further **5-10 minutes**.



Cook the venison

Wipe out the frying pan and return to a high heat with a drizzle of **olive oil**. Season the **venison steak**. When the oil is hot, cook the **venison** for **1-2 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate. Drizzle the **balsamic glaze** over the **steak** and place 1/3 of the **butter** on top. Cover to rest and keep warm.

TIP: The heat from the steak will melt the butter and glaze to make a sauce.



Cook the potato

While the veggies are roasting, bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into large chunks. Cook the **potato** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain and return the **potato** to the saucepan. Cover to keep warm.



Toss the veggies

While the venison is resting, add the **milk**, the **salt** and remaining **butter** to the **potato**. Mash until smooth. Set aside. Add the **rocket leaves** to the **roasted veggies**, then crumble over the **cheese**. Gently, toss to combine.



Make the candied walnuts

While the potato is cooking, roughly chop the **rosemary**. Heat a large frying pan over a medium heat. Cook the **brown sugar**, the **water** and **rosemary** until melted and bubbling. Add the **walnuts** and cook, stirring, until the caramel has thickened, **2-3 minutes**. Pour the **walnut caramel** over a sheet of baking paper and season with **salt**. Set aside to cool.

TIP: Cooking the caramel fully will ensure the coating is crunchy and not chewy.



Serve up

Roughly chop the rosemary-candied walnuts. Slice the balsamic-glazed venison steak. Divide the mash, steak and beetroot toss between plates. Spoon any remaining balsamic glaze over the steak. Sprinkle with the candied walnuts to serve.

Enjoy!



Orange-Infused Dark Chocolate Mousse Pots

with Almond Butter Crumb

Grab your Meal Kit with this symbol



Roasted Almonds



Orange



Dark Chocolate Chips



Longlife Cream



Hands-on: 20-30 mins
Ready in: 30-40 mins

Rich, decadent and super simple to make, these orange dark chocolate mousse pots are seriously indulgent. Leave them with enough time to set in the fridge, then top them with a super crunchy almond butter crumb and watch how quickly they'll become your favourite sweet treat.

Pantry items

Butter, Plain Flour, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Medium saucepan

Ingredients

	2 People	4 People
butter*	25g	50g
plain flour*	¼ cup	½ cup
brown sugar*	1 tbs	2 tbs
roasted almonds	1 packet	2 packets
orange	½	1
dark chocolate chips	1 medium packet	2 medium packets
longlife cream	1 bottle (250ml)	2 bottles (500ml)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2170kJ (518Cal)	1550kJ (370Cal)
Protein (g)	5.8g	4.2g
Fat, total (g)	39.2g	28.1g
- saturated (g)	23.8g	17.0g
Carbohydrate (g)	34.7g	24.8g
- sugars (g)	25.6g	18.3g
Sodium (mg)	43mg	31mg

The quantities provided above are averages only.

Allergens

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1



Bake the crumb

Preheat the oven to **180°C/160°C fan-forced**. Cut the **butter** into small cubes. In a medium bowl, add the **plain flour**, the **brown sugar** and the **butter**. Using your fingertips, rub the butter into the flour and sugar, until resembling fine breadcrumbs. Transfer to a lined oven tray and spread into a single layer. Bake until golden, **8-10 minutes**.

TIP: Be sure not to spread the crumb too far apart to prevent it from burning quickly.

4



Whip the cream

In a large bowl, add the remaining **longlife cream** and **orange zest** and whisk with electric beaters until soft peaks form and almost doubled in size, **4-5 minutes**.

TIP: For the perfect soft peaks, whip until the cream just clings to the whisk or beater when lifted.

TIP: Chilling both the bowl and beaters/whisk before using helps get the maximum volume of cream.

2



Get prepped

While the crumb is baking, roughly chop the **roasted almonds**. Zest the **orange** (see ingredients) to get a pinch, then juice.

3



Start the chocolate pots

In a second medium bowl, add the **dark chocolate chips**. In a medium saucepan, heat 1/2 the **longlife cream** over a medium heat and until just steaming, **2-4 minutes**. Pour the **cream** over the **chocolate chips** and leave to sit for **1 minute**, then gently stir to melt and combine. Add a good splash of the **orange juice** to the **chocolate** and stir to combine. Set aside.

TIP: Watch the cream carefully so it doesn't boil!

5



Finish the chocolate pots

Very gently fold the **whipped cream** into the **chocolate mixture** until just combined. Divide the **chocolate mixture** evenly between drinking glasses. Refrigerate for **1-2 hours**.

6



Serve up

Add the almonds to the butter crumb, toss to combine, then store in an air-tight container. Top the orange-infused dark chocolate mousse pots with the almond butter crumb to serve.

TIP: Don't worry if the mixture is a little runny, it will set in the fridge!

Enjoy!