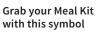


with Roasted Veggies & Nutty Greens

GOURMET

CUSTOMER FAVOURITE















Green Beans



Flaked Almonds

Baby Kale



Venison Steak



**Black Peppercorns** 



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

#### 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

| 9. 00000             |                     |                     |  |
|----------------------|---------------------|---------------------|--|
|                      | 2 People            | 4 People            |  |
| olive oil*           | refer to method     | refer to method     |  |
| potato               | 2                   | 4                   |  |
| parsnip              | 2                   | 4                   |  |
| garlic               | 4 cloves            | 8 cloves            |  |
| green beans          | 1 bag<br>(100g)     | 1 bag<br>(200g)     |  |
| baby kale            | 1 large bag         | 2 large bags        |  |
| flaked almonds       | 1 packet            | 2 packets           |  |
| venison steak        | 1 packet            | 1 packet            |  |
| black<br>peppercorns | ½ sachet            | 1 sachet            |  |
| cream                | ½ packet<br>(125ml) | 1 packet<br>(250ml) |  |
|                      |                     |                     |  |

<sup>\*</sup>Pantry Items

#### **Nutrition**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2767kJ (661Cal) | 462kJ (110Cal) |
| Protein (g)      | 40.5g           | 6.8g           |
| Fat, total (g)   | 34g             | 5.7g           |
| - saturated (g)  | 16.5g           | 2.8g           |
| Carbohydrate (g) | 49.4g           | 8.2g           |
| - sugars (g)     | 20.2g           | 3.4g           |
| Sodium (mg)      | 122mg           | 20mg           |

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?

We recommend pairing this meal with Cabernet Sauvignon or Pinot Noir.



# 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.



# Get prepped

 Meanwhile, finely chop remaining garlic. Trim green beans. Roughly chop cavolo nero kale.



# Cook the nutty greens

- When the veggies have 15 minutes cook time remaining, heat a large frying pan over medium-high heat with a drizzle of olive oil.
- Cook green beans, tossing, until tender,
   3-4 minutes.
- Add flaked almonds, kale and chopped garlic and cook until slightly wilted and fragrant,
   2-3 minutes. Season to taste. Transfer to a bowl and cover to keep warm.



#### Cook the venison

- See Top Steak Tips (below) for extra info!
- · 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.



### Make the sauce

- 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.



#### Serve up

- · Slice venison steak.
- Divide roasted veggies, steak and nutty greens between plates.
- Spoon peppercorn sauce over steak to serve. Enjoy!

TIP: Add a splash of water if sauce looks too thick.

#### **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.



#### Rate your recipe

Did we make your tastebuds happy?
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