



Venison Steak & Peppercorn Sauce

with Roasted Veggies & Nutty Greens

GOURMET

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Potato



Parsnip



Garlic



Green Beans



Baby Kale



Flaked Almonds



Venison Steak



Black Peppercorns



Cream

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

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.

Pantry items

Olive Oil

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
parsnip	2	4
garlic	4 cloves	8 cloves
green beans	1 bag (100g)	1 bag (200g)
baby kale	1 large bag	2 large bags
flaked almonds	1 packet	2 packets
venison steak	1 packet	1 packet
black peppercorns	½ sachet	1 sachet
cream	½ packet (125ml)	1 packet (250ml)

*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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW44



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**.

4



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.

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



Get prepped

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

5



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**.

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

3



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.

6



Serve up

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

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