



Cherry-Glazed Venison & Lemony Veggies

with Garlic-Parmesan Potatoes & Pine Nuts

GOURMET

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Potato



Garlic



Parsley



Grated Parmesan Cheese



Green Beans



Lemon



Pine Nuts



Baby Broccoli



Venison Steak



Cherry Sauce

Unfortunately, this week's baby cauliflower was in short supply, so we've replaced it with green beans. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins
Ready in: 35-45 mins



The sticky, sweetness of our cherry glaze really gets the mouth watering. Drizzled over tender seared venison steak and a side of herb infused potatoes, with toasted pine nuts, this completely luxe dish will make the average dinner feel like a special occasion.

Pantry items

Olive Oil, Butter, Balsamic Vinegar, Brown Sugar

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
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
butter*	20g	40g
grated Parmesan cheese	1 medium packet	1 large packet
green beans	1 bag	1 bag
lemon	½	1
pine nuts	1 packet	2 packets
baby broccoli	1 bag	2 bags
venison steak	1 packet	1 packet
cherry sauce	1 packet	1 packet
water*	¼ cup	½ cup
balsamic vinegar*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2530kJ (605Cal)	429kJ (103Cal)
Protein (g)	43.3g	7.3g
Fat, total (g)	24g	4.1g
- saturated (g)	9.5g	1.6g
Carbohydrate (g)	49.8g	8.5g
- sugars (g)	26.8g	4.5g
Sodium (mg)	271mg	46mg

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 Dry Riesling or Grüner Veltliner

We're here to help!

Scan here if you have any questions or concerns

2023 | CW46



1



Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until just tender, **18-20 minutes**.
- Meanwhile, finely chop **garlic**. Roughly chop **parsley**.
- In a small microwave-safe bowl, add the **butter**, **garlic** and **parsley**. Microwave in **10 second** bursts, until melted. Season with **salt** and **pepper**, then set aside.
- Lightly crush the **potatoes** on the tray, until 1cm-thick. Drizzle with melted **herb butter** and sprinkle with **grated Parmesan cheese**. Return tray to the oven and roast until golden, a further **8-10 minutes**.

4



Cook the steak

- **See Top Steak Tips (below) for extra info!**
- Season **venison steak** all over. 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, trim **green beans**. Slice **lemon** into wedges.
- Heat a large frying pan over medium-high heat. Toast **pine nuts**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.

5



Make the cherry glaze

- Return the frying pan to medium heat. Cook **cherry sauce**, the **water**, **balsamic vinegar**, **brown sugar** and any **steak resting juices**, stirring, until the glaze is smooth and slightly thickened, **1-2 minutes**. Season to taste.

3



Cook the veggies

- When the potatoes have **10 minutes** remaining, return the frying to medium-high heat with a drizzle of **olive oil**.
- Cook **green beans** and **baby broccoli**, tossing occasionally, until tender, **5-6 minutes**.
- Add a squeeze of **lemon juice** and season to taste. Transfer to a plate and cover to keep warm.

TIP: Add a dash of water to the veggies to help speed up the cooking process.

6



Serve up

- Slice venison steak.
- Divide steak, herby garlic-Parmesan potatoes and lemony veggies between plates.
- Pour cherry glaze over steak.
- Garnish with toasted pine nuts. Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate