



Venison Steak & Creamy Dijon Potatoes

with Red Wine Jus & Lemony Greens

FAST & FANCY

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Green Beans



Venison Steak



Aussie Spice Blend



Red Wine Jus



Lemon



Roasted Almonds



Dijon Mustard



Mayonnaise



Grated Parmesan Cheese

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

Tender seared venison steak is the star of this show, flavoured with our Aussie spice blend and drenched in a red wine jus. Served with Dijon potatoes and lemony greens, this completely luxe dish will make the average dinner feel like a special occasion.

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
baby broccoli	1 bag	2 bags
green beans	1 bag (200g)	1 bag (400g)
venison steak	1 packet	1 packet
Aussie spice blend	1 medium sachet	1 large sachet
red wine jus	1 medium packet	1 large packet
lemon	½	1
roasted almonds	1 packet	2 packets
Dijon mustard	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2737kJ (654Cal)	418kJ (100Cal)
Protein (g)	46.8g	7.1g
Fat, total (g)	29g	4.4g
- saturated (g)	6g	0.9g
Carbohydrate (g)	46.6g	7.1g
- sugars (g)	24.4g	3.7g
Sodium (mg)	1143mg	174mg

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW05



1



Start the potatoes

- Boil the kettle. Cut **potato** into small chunks. Halve any thicker stalks of **baby broccoli** lengthways. Trim and halve **green beans**.
- Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**.
- In the last **8 minutes** of cook time, place a colander or steamer basket on top and add **baby broccoli** and **green beans**.
- Cover and steam until the veggies are tender, and **potatoes** can be easily pierced with a fork, **7-8 minutes**.

3



Bring it all together

- Meanwhile, slice **lemon** into wedges. Roughly chop **roasted almonds**.
- When the veggies are done, transfer **baby broccoli** and **green beans** to a bowl. Add a squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste and cover to keep warm.
- Drain and return **potatoes** to saucepan, add **Dijon mustard** and **mayonnaise** and toss to coat.
- Lightly crush with a fork. Season to taste and cover to keep warm.

TIP: Add a splash of water if the potato looks dry!

2



Cook the venison steak

- While the veggies are cooking, combine **venison steak**, **Aussie spice blend** and a drizzle of **olive oil** in a medium bowl.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook venison for **3-5 minutes** on each side (depending on thickness), or until cooked to your liking.
- In the **last minute** of cook time, add **red wine jus** and a splash of **water**, gently turning **steak** to coat.

TIP: This will give you a medium steak. Cook for a little less if you like it rare, or a little longer for well done.

4



Serve up

- Divide venison steak, creamy Dijon potatoes and lemony greens between plates.
- Spoon over any remaining red wine jus over steak. Garnish greens with roasted almonds. Garnish potatoes with **grated Parmesan cheese**.
- Serve with any remaining lemon wedges. Enjoy!

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