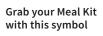


with Red Wine Jus & Lemony Greens

FAST & FANCY











Potato



Baby Broccoli





Venison Steak

Green Beans



Aussie Spice



Blend



Lemon



Red Wine

Roasted Almonds





Mayonnaise

Dijon Mustard



**Grated Parmesan** 



**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  $\cdot$  Large frying pan

# Ingredients

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	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	1/2	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.



# 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.



# 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!



#### 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.



# 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!



Did we make your tastebuds happy? Let our culinary team know: **hellofresh.co.nz/rate** 



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