



# Peppercorn-Crusted Venison & Potato Mash

with Red Wine Mushroom Sauce

SEASONAL SPECIAL

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Baby Broccoli



Potato



Button Mushrooms



Garlic



Black Peppercorns



Venison Steak




Red Wine Jus



Parsley

Prep in: **35-45** mins  
Ready in: **40-50** mins

 Carb Smart

There's a twinkle in tonight's luxurious venison steak, tender and blushing, cooked just the way you like it. That twinkle is surely the peppercorn crust that brings a punch to the dish and is smoothed out by a mushroom sauce and potato mash. There will be stars in your eyes when you get to the end of this dish.

**Pantry items**

Olive Oil, Milk, Butter

AB



## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
baby broccoli	1 medium bunch	2 medium bunches
potato	2	4
button mushrooms	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
black peppercorns	1 sachet	2 sachets
<b>milk*</b>	2 tbs	¼ cup
<b>butter*</b>	40g	80g
venison steak	1 medium packet	2 medium packets OR 1 large packet
red wine jus	1 medium packet	1 large packet
parsley	½ packet	1 packet

\*Pantry items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2099kJ (502Cal)	348kJ (83Cal)
Protein (g)	40g	6.6g
Fat, total (g)	19.7g	3.3g
- saturated (g)	11.8g	2g
Carbohydrate (g)	38.9g	6.5g
- sugars (g)	19.5g	3.2g
Sodium (mg)	319mg	53mg
Dietary Fibre (g)	7.5g	1.2g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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## Get prepped

- Boil the kettle.
- Halve any thicker stalks of **baby broccoli** lengthways. Peel **potato** and cut into large chunks. Thinly slice **button mushrooms**. Finely chop **garlic**.
- Lightly crush **black peppercorns** with a pestle and mortar or in their sachet using a rolling pin.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!



## Cook the steak

- In a medium bowl, combine **venison steak**, crushed **peppercorns**, a drizzle of **olive oil** and a pinch of **salt**.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **venison** for **3-5 minutes** on each side (depending on thickness), or until cooked to your liking.
- Transfer to a plate to rest and cover to keep warm.



## Make the mash

- 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**. Drain and return **potato** to the pan.
- Add the **milk** and **butter** to the **potato** and season with **salt**. Mash until smooth. Cover to keep warm.



## Make the sauce

- While the venison is resting, return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **mushrooms** until browned and softened, **8-10 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Add **red wine jus** and a splash of **water** and simmer for **1-2 minutes**. Season to taste.



## Cook the baby broccoli

- While the potatoes are cooking, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **baby broccoli** until tender, **5-6 minutes**. Season to taste and transfer to a plate. Cover to keep warm.



## Serve up

- Slice peppercorn-crusted venison steak.
- Divide potato mash and pan-fried baby broccoli between plates. Top with steak.
- Spoon over mushroom red wine sauce and tear over **parsley (see ingredients)** to serve. Enjoy!

## Rate your recipe

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# Pear & Chocolate Chip Crumble

with Whipped Cream & Flaked Almonds

SEASONAL SPECIAL

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Pear



Classic Oat Mix



Dark Chocolate Chips



Flaked Almonds



Cream

Prep in: **15-25 mins**  
Ready in: **45-55 mins**

Finish off your dinner with decadent, blissful crumble tossed through with almonds and chocolate chips. The pear and whipped cream spooned on top is sure to hit the spot.

**Pantry items**

Butter, Brown Sugar

AB



## Before you start

Wash your hands and any fresh food

**If you're cooking for 6, double the quantities and cook in 2 batches.**

## You will need

15cm x 20cm medium baking dish · Electric beaters (or metal whisk)

## Ingredients

	4 People
pear	3
<b>brown sugar*</b>	20g
<b>butter*</b>	100g
classic oat mix	1 packet
dark chocolate chips	1 packet
flaked almonds	2 packets
cream	½ packet (125ml)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	3697kJ (883Cal)	1473kJ (352Cal)
Protein (g)	9.6g	3.8g
Fat, total (g)	51.6g	20.6g
- saturated (g)	31g	12.4g
Carbohydrate (g)	91g	36.3g
- sugars (g)	54.3g	21.6g
Sodium (mg)	227mg	90mg

The quantities provided above are averages only.

\*Nutritional values are based on 4 servings.

## Allergens

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## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **pear** into small chunks.

**TIP:** For a more traditional crumble, peel the fruit before cutting into chunks.



## Mix the fruit

- In a baking dish, combine **pear**, the **brown sugar** and a drizzle of **water**.



## Make the crumble topping

- In a medium microwave-safe bowl, add the **butter** and microwave in **10 second** bursts until melted.
- Add **classic oat mix** and stir to combine.
- Add **dark chocolate chips** and stir to combine.



## Bake the crumble

- Spread **crumble topping** evenly over the fruit.
- Bake **crumble** until topping is golden and fruit is tender, **25-30 minutes**.
- In the final **5 minutes** of cook time, sprinkle **flaked almonds** over the crumble, return to the oven and continue baking until toasted.

**TIP:** The fruit is cooked when you can pierce it easily with a fork.



## Whip the cream

- Meanwhile, using electric beaters, whisk **cream** (**see ingredients**) in a large bowl or jug until soft peaks form and almost doubled in size, **1-2 minutes**.

**TIP:** If you don't have an electric beater, use a metal whisk and whisk for 3-4 minutes!

**TIP:** Chill both your bowl and cream before whipping to get maximum volume.



## Serve up

- Divide pear and chocolate chip crumble between bowls.
- Serve with whipped cream. Enjoy!

## Rate your recipe

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