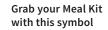




# Peppercorn-Crusted Venison & Potato Mash with Red Wine Mushroom Sauce

SEASONAL SPECIAL













**Button Mushrooms** 





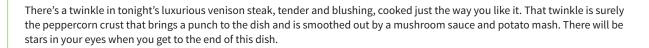
Black Peppercorns





Red Wine

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



**Pantry items** Olive Oil, Milk, Butter

AB

**Carb Smart** 



# 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
olive oil*	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
milk*	2 tbs	1/4 cup
butter*	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**

2024 | CW10

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?

Browse our Wine Boxes in the expanded menu to find your next perfect pairing.







# 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!



### 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.



# 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.



### 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 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.



### 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!



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# Pear & Chocolate Chip Crumble with Whipped Cream & Flaked Almonds

SEASONAL SPECIAL

cream spooned on top is sure to hit the spot.



Grab your Meal Kit with this symbol







Classic Oat





Dark Chocolate Chips

Flaked Almonds



**Pantry items** 

Butter, Brown Sugar

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

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Finish off your dinner with decadent, blissful crumble tossed through with almonds and chocolate chips. The pear and whipped



# 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
brown sugar*	20g
butter*	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

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.



# 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!



Scan here if you have any questions or concerns **2024** | CW10



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