



Cherry-Glazed Venison & Lemony Greens

with Garlic-Parmesan Potatoes & Roasted Almonds

GOURMET

Grab your Meal Kit with this symbol



Potato



Garlic



Parsley



Grated Parmesan Cheese



Green Beans



Baby Broccoli



Lemon



Roasted Almonds



Venison Steak



Cherry Sauce

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 roasted almonds, 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 hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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 packet	1 packet
butter*	20g	40g
grated Parmesan cheese	1 medium packet	1 large packet
green beans	1 small packet	1 medium packet
baby broccoli	1 medium bunch	2 medium bunches
lemon	½	1
roasted almonds	1 packet	2 packets
venison steak	1 medium packet	2 medium packets OR 1 large packet
cherry sauce	1 medium packet	1 large 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)	2658kJ (635Cal)	468kJ (112Cal)
Protein (g)	44.7g	7.9g
Fat, total (g)	26.2g	4.6g
- saturated (g)	9.7g	1.7g
Carbohydrate (g)	52g	9.2g
- sugars (g)	32.4g	5.7g
Sodium (mg)	254mg	45mg
Dietary Fibre (g)	8.8g	1.5g

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?

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We're here to help!

Scan here if you have any questions or concerns

2024 | CW21



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**.



Cook the venison 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.



Get prepped

- Meanwhile, trim **green beans**. Halve any thicker stalks of **baby broccoli** lengthways. Slice **lemon** into wedges.
- Roughly chop **roasted almonds**.



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.



Cook the greens

- When the potatoes have **10 minutes** remaining, heat a large frying pan over 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.



Serve up

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

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