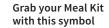


Venison Steak & Almond-Prosciutto Crumb

with Pumpkin Gratin & Lemon-Feta Greens











Peeled Pumpkin



Parsley





Baby Broccoli



Roasted Almonds





Lemon

Panko Breadcrumbs





Chicken-Style Stock Powder



Venison Steak



Cow's Milk Feta

Prep in: 30-40 mins Ready in: 50-60 mins



Steak and veg is an all-time classic, but let's add a couple of special twists! Indulge in tender venison steak with a nutty prosciutto crumb, paired with a creamy pumpkin gratin and lemony greens. This feast is fit for a king!

Pantry items

Olive Oil, Butter

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

Medium or large baking dish · Large frying pan

Ingredients

| | 2 People | 4 People |
|-------------------------------|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| onion | 1/2 | 1 |
| peeled pumpkin pieces | 1 medium packet | 2 medium packets |
| parsley | 1 packet | 1 packet |
| garlic | 4 cloves | 8 cloves |
| baby broccoli | 1 medium bunch | 2 medium bunches |
| silverbeet | 1 | 2 |
| roasted almonds | 1 packet | 2 packets |
| prosciutto | 1 packet | 2 packets |
| lemon | 1/2 | 1 |
| panko breadcrumbs | ½ medium packet | 1 medium packet |
| butter* | 30g | 60g |
| cream | ½ packet | 1 packet |
| chicken-style stock powder | 1 medium sachet | 1 large sachet |
| venison steak | 1 medium packet | 2 medium packets OR 1 large packet |
| cow's milk feta | ½ packet | 1 packet |
| | | |

^{*}Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|------------------|----------------|
| Energy (kJ) | 6134kJ (1466Cal) | 539kJ (129Cal) |
| Protein (g) | 94.9g | 8.3g |
| Fat, total (g) | 93.8g | 8.2g |
| - saturated (g) | 56.6g | 5g |
| Carbohydrate (g) | 57.8g | 5.1g |
| - sugars (g) | 23.5g | 2.1g |
| Sodium (mg) | 2668mg | 235mg |
| Dietary Fibre (g) | 8.9g | 0.8g |
| | | |

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

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.

We're here to help!

Scan here if you have any questions or concerns





Roast the pumpkin

- Preheat oven to 240°C/220°C fan-forced. Cut onion (see ingredients) into wedges.
- Place onion in a baking dish, drizzle with olive oil and season. Toss to coat, then roast until just tender, 18-20 minutes.
- When there is 15 minutes cook time remaining, add **peeled pumpkin pieces** to the baking dish and roast until tender.



Get prepped

- Finely chop parsley and garlic. Trim baby **broccoli** and halve any thick stems lengthways. Roughly chop silverbeet, roasted almonds and prosciutto. Cut lemon into wedges.
- In a small bowl, toss panko breadcrumbs (see ingredients) with a good drizzle of olive oil and season.



Bake the gratin

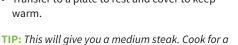
- In a large frying pan, heat a drizzle of olive oil over medium heat. Add the butter and half the garlic and cook, stirring, until fragrant, 1-2 minutes.
- Add cream (see ingredients) and chicken-style **stock powder**, stir to combine and remove pan from heat. Season to taste.
- Pour the **cream** over the **pumpkin** in the baking dish. Top with the panko breadcrumb mixture and bake until golden and bubbling, 10-15 minutes.



Cook the crumb & venison

- See 'Top Steak Tips!' (bottom left). Meanwhile, wash out frying pan and return to medium-high heat with a drizzle of olive oil.
- · Add prosciutto and cook until browned, 4-5 minutes. Add almonds, parsley and a squeeze of **lemon juice**. Toss to combine then transfer to a small bowl.
- Season venison steak. Return frying pan to medium-high heat with a drizzle of olive oil.
- When oil is hot, add venison and cook 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.

little less for rare, or a little longer for well done.





Cook the greens

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- · Add baby broccoli and cook until tender, **4-5 minutes**. Add **silverbeet**, the remaining garlic and a squeeze of lemon juice and toss until wilted. 1 minute. Season then transfer to a serving plate.



Serve up

- · Slice seared steak.
- Sprinkle the almond-prosciutto crumb over
- Crumble feta cheese (see ingredients) over the lemon greens.
- Bring everything to the table to serve. Serve with pumpkin gratin and any remaining lemon wedges. Enjoy!



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