



Venison Steak & Almond-Prosciutto Crumb

with Pumpkin Gratin & Lemon-Feta Greens

FEAST

Grab your Meal Kit with this symbol



Onion



Peeled Pumpkin Pieces



Parsley



Garlic



Baby Broccoli



Silverbeet



Roasted Almonds



Prosciutto



Lemon



Panko Breadcrumbs



Cream



Chicken-Style Stock Powder



Venison Steak



Cow's Milk Feta

Recipe Update
We've replaced the half chicken in this recipe with venison steak due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

Eat Me Early

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	½	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	½	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](https://www.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

2024 | CW24



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.



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.

TIP: This will give you a medium steak. Cook for a little less for rare, or a little longer for well done.



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.



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.



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**.



Serve up

- Slice seared steak.
- Sprinkle the almond-prosciutto crumb over the venison.
- 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!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://www.hellofresh.co.nz/rate)