



Venison Steak & Caramelised Onion Sub

with Pear Salad, Mustard Mayo & Cheddar

FAST & FANCY

Grab your meal kit
with this number

37



Venison Steak



Kiwi Spice Blend



Pear



Tomato



Onion



Dijon Mustard



Mayonnaise



Wholemeal Panini



Shredded Cheddar Cheese



Mixed Salad Leaves

Prep in: 20-30 mins
Ready in: 20-30 mins

Here's a delicious, decadent and devilishly fast venison steak sub. Kiwi-spiced venison is cooked just to your liking and sat atop a perfectly toasted panini slathered in mustard and mayo. Add saucy sweetness with caramelised onion - it's sure to be love at first bite.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
venison steak	1 medium packet	2 medium packets OR 1 large packet
Kiwi spice blend	1 sachet	2 sachets
pear	1	2
tomato	1	2
onion	½	1
Dijon mustard	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
wholemeal panini	2	4
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
shredded Cheddar cheese	1 medium packet	1 large packet
mixed salad leaves	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2925kJ (699Cal)	619kJ (148Cal)
Protein (g)	45.4g	9.6g
Fat, total (g)	26.5g	5.6g
- saturated (g)	8.4g	1.8g
Carbohydrate (g)	65.2g	13.8g
- sugars (g)	18.8g	4g
Sodium (mg)	1272mg	269mg
Dietary Fibre (g)	9.9g	2.1g

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 10 minutes before slicing.

We're here to help!

Scan here if you have any questions or concerns



2024 | CW27



Cook the venison

- In a medium bowl, combine **venison steak**, **Kiwi spice blend** and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. 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 if you like it rare, or a little longer for well done.



Make the caramelised onion

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, **brown sugar**, any **venison resting juices** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**.
- Toast or grill **panini** to your liking.
- In a small bowl, combine remaining **salad leaves** with **pear**, a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



Get prepped

- Meanwhile, thinly slice **pear**. Slice **tomato** into thin rounds. Thinly slice **onion** (see ingredients).
- In a small bowl, combine **Dijon mustard** and **mayonnaise**.
- Slice **wholemeal panini** in half lengthways.



Serve up

- Slice seared venison steak.
- Spread panini bases with some mustard mayo.
- Top with some **mixed salad leaves**, steak, tomato, caramelised onion and **shredded Cheddar cheese**.
- Serve with pear salad. Enjoy!

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