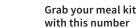


Venison Steak & Caramelised Onion Sub

with Pear Salad, Mustard Mayo & Cheddar

FAST & FANCY









Venison Steak





Kiwi Spice













Wholemeal Panini

Mayonnaise

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

9.			
	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	1/2	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.

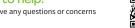
Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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





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!



