



# Venison Steak & Thyme-Pepper Sauce

with Roasted Veggies & Nutty Baby Broccoli

GOURMET

Grab your meal kit with this number

15



Kumara



Parsnip



Garlic



Baby Broccoli



Green Beans



Thyme



Flaked Almonds



Venison Steak



Cream

Prep in: 25-35 mins  
Ready in: 30-40 mins

Carb Smart

There's something eternally comforting about the aroma of a peppery thyme sauce. Completely mouth-watering to say the least. Drizzled over tender seared venison steak with a side of greens and toasted almonds, it's time for pub-style steak and potatoes to move over; there's a new and completely luxe contender in town.

### Pantry items

Olive Oil

## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
kumara	1 (medium)	1 (large)
parsnip	2	4
garlic	4 cloves	8 cloves
baby broccoli	½ medium bunch	1 medium bunch
green beans	1 small packet	1 medium packet
thyme	1 packet	1 packet
flaked almonds	1 packet	2 packets
venison steak	1 medium packet	2 medium packets OR 1 large packet
cream	½ packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2491kJ (595Cal)	500kJ (120Cal)
Protein (g)	37.1g	7.4g
Fat, total (g)	34.1g	6.8g
- saturated (g)	16.5g	3.3g
Carbohydrate (g)	35.9g	7.2g
- sugars (g)	13.4g	2.7g
Sodium (mg)	158mg	32mg
Dietary Fibre (g)	10.2g	2g

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://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!

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2024 | CW28



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Peel **kumara**. Cut **kumara** and **parsnip** into bite-sized chunks. Lightly crush half the **garlic** with the skin on.
- Place **kumara**, **parsnip** and **crushed garlic** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.



## Cook the venison

- **See Top Steak Tips (below)!**
- Season **venison steak** on both sides.
- 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, cover and rest for **5 minutes**.

### 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, finely chop remaining **garlic**. Halve any thicker stalks of **baby broccoli** (see **ingredients**) lengthways. Trim **green beans**. Pick **thyme leaves**.



## Make the sauce

- While the steak is resting, wipe out frying pan and return to medium-low heat with a drizzle of **olive oil**.
- Add **cream** (see **ingredients**), **thyme** and generously season with **pepper**, then cook until warmed and fragrant, **1-2 minutes**. Season to taste with **salt**.



## Cook the nutty greens

- When the veggies have **15 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**.
- Cook **green beans** and **baby broccoli** until tender, **5-6 minutes**.
- Add **flaked almonds** and **chopped garlic** and cook until fragrant, **1-2 minutes**. Season to taste. Transfer to a bowl and cover to keep warm.



## Serve up

- Slice venison steak.
- Divide roasted veggies, steak and nutty greens between plates.
- Spoon thyme-pepper sauce over steak to serve. Enjoy!

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