

GOURMET





















Green Beans

Thyme



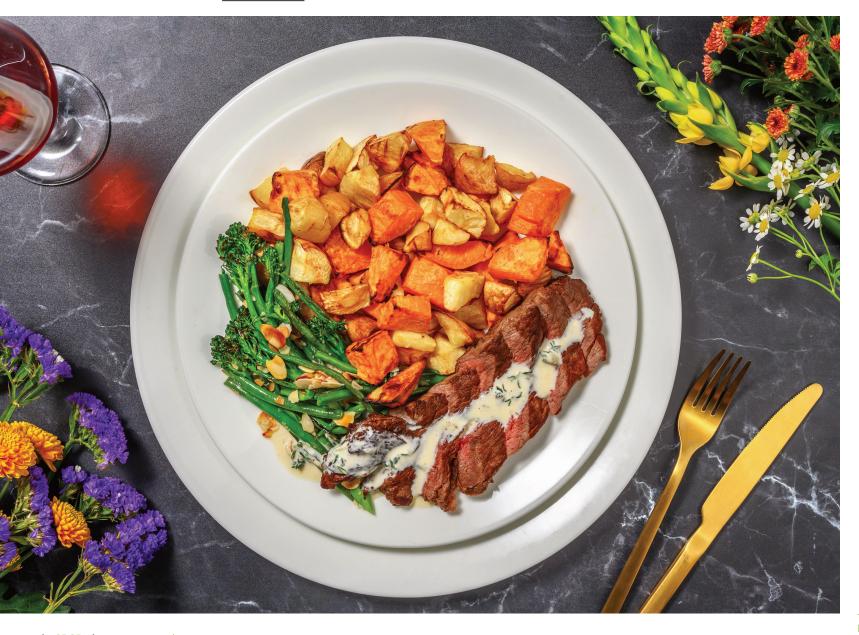


Flaked Almonds

Venison Steak



Cream



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



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.



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

11191 001100			
	2 People	4 People	
olive oil*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

Browse our Wine Boxes in the expanded menu to find your next perfect pairing.



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Peel kumara. Cut kumara and parsnip into bitesized 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.



Get prepped

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



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.



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.



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.



Serve up

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

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.



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate



Scan here if you have any questions or concerns