



Kiwi Venison Steak & Creamy Garlic Potatoes

with Red Wine Jus & Lemony Greens

FAST & FANCY

Grab your meal kit with this number

37



Potato



Broccoli



Green Beans



Venison Steak



Kiwi Spice Blend



Red Wine Jus



Lemon



Roasted Almonds



Garlic Aioli



Grated Parmesan Cheese

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

Protein Rich

Tender seared venison steak is the star of this show, flavoured with our Kiwi spice blend! We've listened to our Kiwi customers, and this blend was designed specifically with your flavour palette in mind. Get ready for a smokey, savoury taste sensation, made all the better in this meal drenched in a red wine jus.

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
broccoli	½ head	1 head
green beans	1 medium packet	2 medium packets
venison steak	1 medium packet	2 medium packets OR 1 large packet
Kiwi spice blend	1 sachet	2 sachets
red wine jus	1 medium packet	1 large packet
lemon	½	1
roasted almonds	1 packet	2 packets
garlic aioli	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2834kJ (677Cal)	396kJ (94Cal)
Protein (g)	50.8g	7.1g
Fat, total (g)	29.1g	4.1g
- saturated (g)	6g	0.8g
Carbohydrate (g)	45.9g	6.4g
- sugars (g)	23.9g	3.3g
Sodium (mg)	1091mg	152mg
Dietary Fibre (g)	12.9g	1.8g

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 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.



Start the potatoes

- Boil the kettle. Cut **potato** into small chunks. Cut **broccoli** into small florets, then roughly chop stalk. Trim and halve **green beans**.
- Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **potato** in the boiling water over high heat, until easily pierced with a fork, **12-15 minutes**.
- In the last **8 minutes** of cook time, place a colander or steamer basket on top and add **broccoli** and **green beans**.
- Cover and steam until the veggies are tender and potatoes are easily pierced with a fork, **7-8 minutes** more.



Bring it all together

- Meanwhile, slice **lemon** into wedges. Roughly chop **roasted almonds**.
- When the veggies are done, transfer **broccoli** and **green beans** to a bowl. Add a squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste and cover to keep warm.
- Return **potatoes** to saucepan, add **garlic aioli** and toss to coat.
- Lightly crush with a fork. Season to taste and cover to keep warm.

TIP: Add a splash of water if the potato looks dry!



Cook the venison steak

- **See Top Steak Tips (left)! While the veggies are cooking, combine venison steak, Kiwi spice blend and a drizzle of olive oil** in a medium bowl.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **venison** for **3-5 minutes** on each side (depending on thickness), or until cooked to your liking.
- In the **last minute** of cook time, add **red wine jus** and a splash of **water**, gently turning **steak** to coat.

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.



Serve up

- Slice venison steak.
- Divide venison steak, creamy garlic potatoes and lemony greens between plates.
- Spoon over any remaining red wine jus over steak. Garnish greens with roasted almonds. Sprinkle potatoes with **grated Parmesan cheese**.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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