



Venison Steak & Parmesan Mushroom Potatoes

with Sautéed Baby Broccoli & Truffle Mayo

GOURMET

Grab your meal kit with this number

15



Potato



Garlic



Onion



Baby Broccoli



Button Mushrooms



Slivered Almonds



Grated Parmesan Cheese



Venison Steak



Baby Leaves



Parsley



Italian Truffle Mayonnaise

Recipe Update

We've replaced the flaked almonds in this recipe with slivered almonds due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 25-35 mins
Ready in: 40-50 mins

Protein Rich

Carb Smart

It would be crazy not to look to the French when designing a gourmet meal - after all, they have one of the most revered cuisines in the world. And, what they really do best is to take good ingredients and simply elevate them... as the chef in you will do tonight! Bon appétit!

Pantry items

Olive Oil, Butter

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
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
onion	½	1
baby broccoli	1 medium bunch	2 medium bunches
button mushrooms	1 medium packet	2 medium packets
slivered almonds	1 packet	2 packets
butter*	20g	40g
grated Parmesan cheese	1 medium packet	1 large packet
venison steak	1 medium packet	2 medium packets OR 1 large packet
baby leaves	1 medium packet	1 large packet
parsley	1 packet	1 packet
Italian truffle mayonnaise	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2479kJ (592cal)	197kJ (47cal)
Protein (g)	45.6g	3.6g
Fat, total (g)	27.5g	2.2g
- saturated (g)	9.7g	0.8g
Carbohydrate (g)	39.9g	3.2g
- sugars (g)	19.2g	1.5g
Sodium (mg)	397mg	31.5mg
Dietary Fibre (g)	10.9g	0.9g

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.

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2024 | CW40



Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks, then place 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 steak

- Return frying pan to high heat with a drizzle of **olive oil**. Season **venison steak** with **salt** and **pepper**.
- **See 'Top Steak Tips' (below)!** When oil is hot, cook **venison** for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking.
- Transfer to a plate and rest for **5 minutes**.

Top Steak Tips!

1. Remove steak from fridge 15 minutes before cooking.
2. Use paper towel to pat steak dry before seasoning.
3. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
4. Let steak rest on a plate for 10 minutes before slicing.



Get prepped

- While the potatoes are roasting, finely chop **garlic** and **onion** (see ingredients).
- Halve any thicker stalks of **baby broccoli**. Thinly slice **button mushrooms**.
- Heat a large frying pan over medium-high heat. Toast **slivered almonds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.



Sauté the greens

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **baby broccoli** with a dash of water, tossing occasionally, until tender, **5-6 minutes**.
- Add **baby leaves** and cook until softened, **1-2 minutes**. Season to taste.

TIP: Add another dash of water to the pan to help speed up the cooking process.



Make the mushroom potatoes

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** until tender, **3-5 minutes**.
- Add **mushrooms** and the **butter** and cook, stirring occasionally, until softened, **6-8 minutes**.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a large bowl and season to taste.
- When the potatoes are done, transfer to bowl with **mushrooms** and toss to combine. Sprinkle over **grated Parmesan cheese** and set aside.



Serve up

- Meanwhile, roughly chop **parsley** leaves.
- Slice venison steak.
- Divide steak, Parmesan mushroom potatoes and sautéed baby broccoli between plates.
- Garnish with flaked almonds and parsley. Serve with **Italian truffle mayonnaise**. Enjoy!

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