



Smokey Venison Steak & Creamy Potatoes

with Cherry Sauce & Lemony Greens

FAST & FANCY

KIWI FLAVOURS

Grab your meal kit
with this number

37



Potato



Broccoli



Asparagus



Slivered Almonds



Venison Steak



Kiwi Spice Blend



Cherry Sauce



Lemon



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! Get ready for a smokey, savoury taste sensation, made all the better in this meal drenched in a sweet and tangy cherry sauce.

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 · Small frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
broccoli	½ head	1 head
asparagus	1 bunch	2 bunches
slivered almonds	1 packet	2 packets
venison steak	1 medium packet	2 medium packets OR 1 large packet
Kiwi spice blend	1 sachet	2 sachets
cherry sauce	1 medium packet	1 large packet
lemon	½	1
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)	2917kJ (697Cal)	426kJ (101Cal)
Protein (g)	49.5g	7.2g
Fat, total (g)	29g	4.2g
- saturated (g)	5.3g	0.8g
Carbohydrate (g)	53.9g	7.9g
- sugars (g)	32.5g	4.7g
Sodium (mg)	815mg	119mg
Dietary Fibre (g)	11.6g	1.7g

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. Remove steak from packaging and set aside at room temperature 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 5 minutes before slicing.

We're here to help!

Scan here if you have any questions or concerns



2024 | CW44



Start the potatoes and greens

- See **Top Steak Tips (below left)!**
- Boil the kettle. Cut **potato** into small chunks. Cut **broccoli (see ingredients)** into small florets, then roughly chop stalk. Trim ends of **asparagus**.
- 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, then add **broccoli**. Cover and steam until broccoli is tender and potatoes are easily pierced with a fork, **7-8 minutes**.
- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. When hot, cook **asparagus**, tossing, until tender, **5-6 minutes**. Transfer to a large bowl.



Bring it all together

- Meanwhile, slice **lemon** into wedges.
- When the **broccoli** is done, transfer to the bowl with **asparagus**. Add a squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste.
- Drain and return **potatoes** to the saucepan. Add **garlic aioli** and toss to coat.
- Lightly crush **potatoes** with a fork. Season to taste.

TIP: Add a splash of water if the potatoes look dry!



Cook the venison steak

- Heat a small frying pan over medium-high heat. Toast **slivered almonds**, tossing, until golden, **2-3 minutes**. Set aside.
- In a medium bowl, combine **venison steak**, **Kiwi spice blend** and a drizzle of **olive oil**.
- Return large frying pan to medium-high heat with a drizzle of **olive oil**. 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 **cherry sauce** 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 smokey venison steak, creamy potatoes and lemony greens between plates.
- Garnish greens with toasted almonds. Sprinkle potatoes with **grated Parmesan cheese**. Serve with any remaining lemon wedges. Enjoy!

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