



Balsamic-Glazed Venison Steak & Parsnip Mash

with Veggies & Sage Nuts

Grab your Meal Kit with this symbol



Potato



Parsnip



Baby Broccoli



Cavolo Nero Kale



Button Mushrooms



Garlic



Sage



Roasted Hazelnuts



Slivered Almonds



Venison Steak



Balsamic Glaze

Hands-on: 30-40 mins
Ready in: 30-40 mins

The sticky, sweet tartness of our balsamic glaze really gets the mouth watering. Drizzled over tender seared venison steak and a side of sautéed veggies topped with toasted sage nuts, this completely luxe dish will make the average dinner feel like a special occasion.

Pantry items

Olive Oil, Milk, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsnip	1	2
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
butter*	40g	80g
baby broccoli	1 bag	1 bag
cavolo nero kale	1 bunch	1 bunch
button mushrooms	1 packet	1 packet
garlic	2 cloves	4 cloves
sage	1 bag	1 bag
roasted hazelnuts	1 packet	2 packets
slivered almonds	1 packet	2 packets
venison steak	1 packet	1 packet
balsamic glaze	1 bottle (25g)	2 bottles (50g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3175kJ (759Cal)	484kJ (116Cal)
Protein (g)	46.6g	7.1g
Fat, total (g)	41g	6.3g
- saturated (g)	13.6g	2.1g
Carbohydrate (g)	50.5g	7.7g
- sugars (g)	23.2g	3.5g
Sodium (mg)	444mg	68mg

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?

We recommend pairing this meal with Cabernet Sauvignon or Pinot Noir

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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1 Make the parsnip mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and **parsnip** and cut into bite-sized chunks. Cook the **potato** and **parsnip** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain and return to the saucepan, then add the **milk**, the **salt** and 1/2 the **butter**. Mash until smooth and cover to keep warm.



4 Cook the venison

See Top Steak Tips (below) for extra info!

Return the frying pan to a high heat with a drizzle of **olive oil**. Season the **venison steak** with **salt** and **pepper**. When the oil is hot, cook the **venison** for **3-5 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest, leaving the residual juices in the pan. Drizzle the **balsamic glaze** over the **steak** and place the remaining **butter** on top. Cover to keep warm.

TIP: The heat will melt the butter and glaze to make a sauce.

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.



2 Get prepped

While the potato and parsnip are cooking, cut the **baby broccoli** in half lengthways. Roughly chop the **cavolo nero kale**. Thinly slice the **button mushrooms**. Finely chop the **garlic**. Pick and roughly chop the **sage** leaves. Roughly chop the **roasted hazelnuts** and **slivered almonds**.



5 Cook the veggies

While the steak is resting, return the frying pan to a medium-high heat with the **residual steak juices** and a drizzle of **olive oil**. Cook the **mushrooms** and **baby broccoli** until starting to soften, **5-6 minutes**. Add the **kale** and **garlic** and cook, stirring, until softened, **2 minutes**. Season to taste.



3 Toast the sage nuts

In a large frying pan, heat a generous drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **sage**, **hazelnuts** and **almonds**, tossing, until golden, **2-3 minutes**. Transfer to a plate lined with paper towel. Season with **salt**.



6 Serve up

Slice the venison steak. Divide the parsnip mash, veggies and venison between plates. Spoon over the balsamic butter and any resting juices. Sprinkle over the sage nuts to serve.

Enjoy!