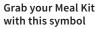


Balsamic-Glazed Venison Steak & Parsnip Mash

with this symbol















Baby Broccoli











Button Mushrooms





Roasted Hazelnuts





Slivered Almonds

Venison Steak

Balsamic Glaze



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

 ${\sf Medium\ saucepan\cdot Large\ frying\ pan}$

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsnip	1	2
milk*	2½ tbs	⅓ cup
salt*	1/4 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



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.



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**.



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**.



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.



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.



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!

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.

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