



Peppercorn-Crusted Venison & Potato Mash

with Mushroom Gravy & Pan-Fried Asparagus

SEASONAL SPECIAL

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Asparagus



Potato



Portobello Mushrooms



Chives



Garlic



Black Peppercorns



Gravy Granules



Venison Steak

Prep in: 35-45 mins
Ready in: 40-50 mins



There's a twinkle in tonight's luxurious venison steak, tender and blushing, cooked just the way you like it. That twinkle is surely the peppercorn crust that brings a punch to the dish and is smoothed out by a mushroom gravy and potato mash. There will be stars in your eyes when you get to the end of this dish.

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
asparagus	1 bunch	2 bunches
potato	3	6
portabello mushrooms	1 packet	1 packet
chives	1 bag	1 bag
garlic	2 cloves	4 cloves
black peppercorns	1 sachet	2 sachets
milk*	2 tbs	¼ cup
butter*	40g	80g
venison steak	1 packet	1 packet
gravy granules	1 sachet	2 sachets
boiling water*	½ cup	1 cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2118kJ (506Cal)	356kJ (85Cal)
Protein (g)	39.4g	6.6g
Fat, total (g)	19g	3.2g
- saturated (g)	11.7g	2g
Carbohydrate (g)	40.8g	6.9g
- sugars (g)	15.8g	2.7g
Sodium (mg)	488mg	82mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Boil the kettle.
- Trim ends of **asparagus**. Peel **potato** and cut into large chunks. Thinly slice **portabello mushrooms** and **chives**. Finely chop **garlic**.
- Lightly crush **black peppercorns** with a pestle and mortar or in their sachet using a rolling pin.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Cook the steak

- **See Top Steak Tips (below) for extra info!**
- In a medium bowl, combine **venison steak**, crushed **peppercorns**, a drizzle of **olive oil** and a pinch of **salt**.
- Return the 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.
- Transfer to a plate to rest and cover to keep warm.

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.



Make the mash

- Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return **potato** to the pan.
- Add the **milk** and **butter** to the **potato** and season with **salt**. Mash until smooth. Cover to keep warm.



Make the mushroom gravy

- While the venison is resting, return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **mushrooms** until browned and softened, **8-10 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Meanwhile, combine **gravy granules** and the **boiling water** in a medium heatproof bowl, whisking, until smooth, **1 minute**.
- Transfer **mushrooms** to the gravy, season and stir to combine.



Cook the asparagus

- While the potatoes are cooking, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **asparagus** with a dash of **water** until tender, **5-6 minutes**.
- Season then transfer to a plate. Cover to keep warm.



Serve up

- Slice peppercorn-crusted venison steak.
- Divide potato mash and pan-fried asparagus between plates. Top with steak.
- Spoon over mushroom gravy and garnish with chives to serve. Enjoy!

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Berry Compote Cheesecakes

with Biscuit Crumble

SEASONAL SPECIAL

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Berry Compote



Classic Oat Mix



Cream Cheese



Prep in: **15** mins
Ready in: **35** mins

There's something about the rich cream cheese and sweet and tangy berry combo that just works, and this showstopping dessert is a case in point. We suggest making this the night before so that the pots have plenty of time to set.

Pantry items

Butter, Icing Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You will need

2 serving glasses or jars · Oven tray lined with baking paper

Ingredients

	2 People
butter*	50g
classic oat mix	½ packet
cream cheese	1 packet
icing sugar*	2 tbs
berry compote	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1937kJ (462Cal)	1473kJ (352Cal)
Protein (g)	4.3g	3.3g
Fat, total (g)	35.3g	26.8g
- saturated (g)	21.2g	16.1g
Carbohydrate (g)	32.2g	24.5g
- sugars (g)	22.7g	17.3g
Sodium (mg)	378mg	287mg

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1



Bake the crumb

- Preheat oven to **220°C/200°C fan-forced**.
- In a medium bowl, combine the **butter** and **classic oat mix** (see ingredients) to make a crumb mixture. Transfer to a lined oven tray and bake for **8-12 minutes**.

2



Make the berry cream cheese

- In a medium bowl, whisk together **cream cheese**, the **icing sugar** and 1/2 the **berry compote**.

3



Add the crumble

- Divide **berry cream cheese** between serving glasses and top with remaining **berry compote**.
- Divide **crumble** between the serving glasses, spooning it over.
- Refrigerate **cheesecakes** for **20 minutes** or until ready to serve.

4



Serve up

- Remove berry compote cheesecakes from the fridge to serve. Enjoy!

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