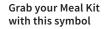


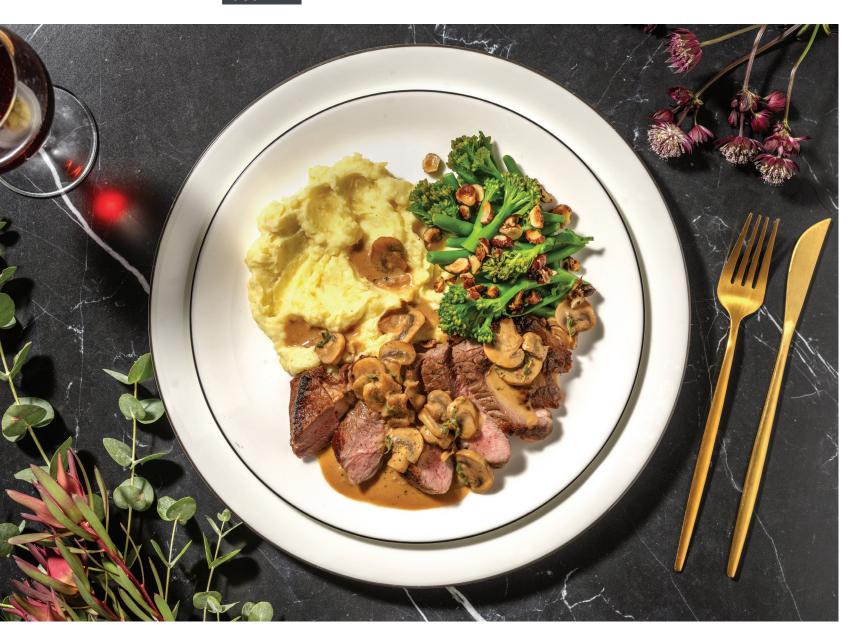
# Seared Venison & Creamy Mushroom Sauce

with Parmesan Mash & Hazelnut Greens

GOURMET













Potato





Green Beans

**Button Mushrooms** 





Thyme



Cream





Roasted Hazelnuts



Cheese

Stock Powder

**Grated Parmesan** 



Venison Steak

**Pantry items** 

Olive Oil, Butter, Milk

#### 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

Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
baby broccoli	1 bag	2 bags
green beans	1 bag (100g)	1 bag (200g)
butter*	40g	80g
milk*	2 tbs	1/4 cup
grated Parmesan cheese	1 medium packet	1 large packet
button mushrooms	1 packet	1 packet
thyme	1 bag	1 bag
garlic	2 cloves	4 cloves
venison steak	1 packet	1 packet
cream	½ bottle (125ml)	1 bottle (250ml)
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
roasted hazelnuts	1 packet	2 packets

<sup>\*</sup>Pantry Items

### **Nutrition**

Per Serving	Per 100g
3978kJ (951Cal)	560kJ (134Cal)
49g	6.9g
65.1g	9.2g
31.4g	4.4g
40.9g	5.8g
17.8g	2.5g
676mg	95mg
	3978kJ (951Cal) 49g 65.1g 31.4g 40.9g 17.8g

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 Sangiovese or Pinot Noir.



#### Start the mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of salt.
   Peel potato and cut into large chunks.
- Cook potato in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes.
- Meanwhile, halve any thicker baby broccoli stalks lengthways. Trim and halve green beans.

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



#### Finish the mash

- When the potatoes have 8 minutes remaining, place a colander or steamer basket on top and add baby broccoli and green beans.
- Cover and steam until greens are tender and potatoes can be easily pierced with a fork,
   7-8 minutes.
- Transfer veggies to a bowl. Season, then set aside. Drain potatoes and return to saucepan with the butter, milk and grated Parmesan cheese and a generous pinch of salt. Mash until smooth. Cover to keep warm.



## Get prepped

 While the veggies are cooking, thinly slice button mushrooms. Pick thyme leaves. Finely chop garlic.



#### Cook the venison

- Season venison steak. Heat a large frying pan over high heat with a drizzle of olive oil.
- When oil is hot, add venison steak and cook for 1-2 minutes on each side (depending on thickness), or until cooked to your liking.
- Transfer to a plate to rest and cover to keep warm.

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.



#### Make the mushroom sauce

- While the venison is resting, return frying pan to medium-high heat with a drizzle of olive oil.
   Cook mushrooms until browned and softened,
   6-8 minutes.
- Add garlic and thyme and cook until fragrant,
   1 minute. Add cream (see ingredients) and
   beef-style stock powder and simmer until slightly reduced, 1-2 minutes.
- Remove pan from heat and cover to keep warm.



## Serve up

- · Slice seared venison steak.
- Divide steak, Parmesan mash and greens between plates.
- Spoon creamy mushroom sauce over venison steak.
- · Garnish greens with roasted hazelnuts. Enjoy!



Scan here if you have any questions or concerns





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