



Seared Venison & Creamy Mushroom Sauce

with Parmesan Mash & Hazelnut Greens

GOURMET

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Green Beans



Button Mushrooms



Thyme



Garlic



Cream



Beef-Style Stock Powder



Roasted Hazelnuts



Grated Parmesan Cheese



Venison Steak

Prep in: 30-40 mins
Ready in: 45-55 mins

Who says that steak and mash can't be gourmet? When you top tender venison with a silky mushroom sauce and creamy mashed potato, this classic combo gets a restaurant-quality vibe. Pour yourself a glass of something special and prepare for a fine dining experience.

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 | ¼ 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 |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3978kJ (951Cal) | 560kJ (134Cal) |
| Protein (g) | 49g | 6.9g |
| Fat, total (g) | 65.1g | 9.2g |
| - saturated (g) | 31.4g | 4.4g |
| Carbohydrate (g) | 40.9g | 5.8g |
| - sugars (g) | 17.8g | 2.5g |
| Sodium (mg) | 676mg | 95mg |

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.

We're here to help!

Scan here if you have any questions or concerns



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.



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.



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.



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.



Get prepped

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



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!

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