

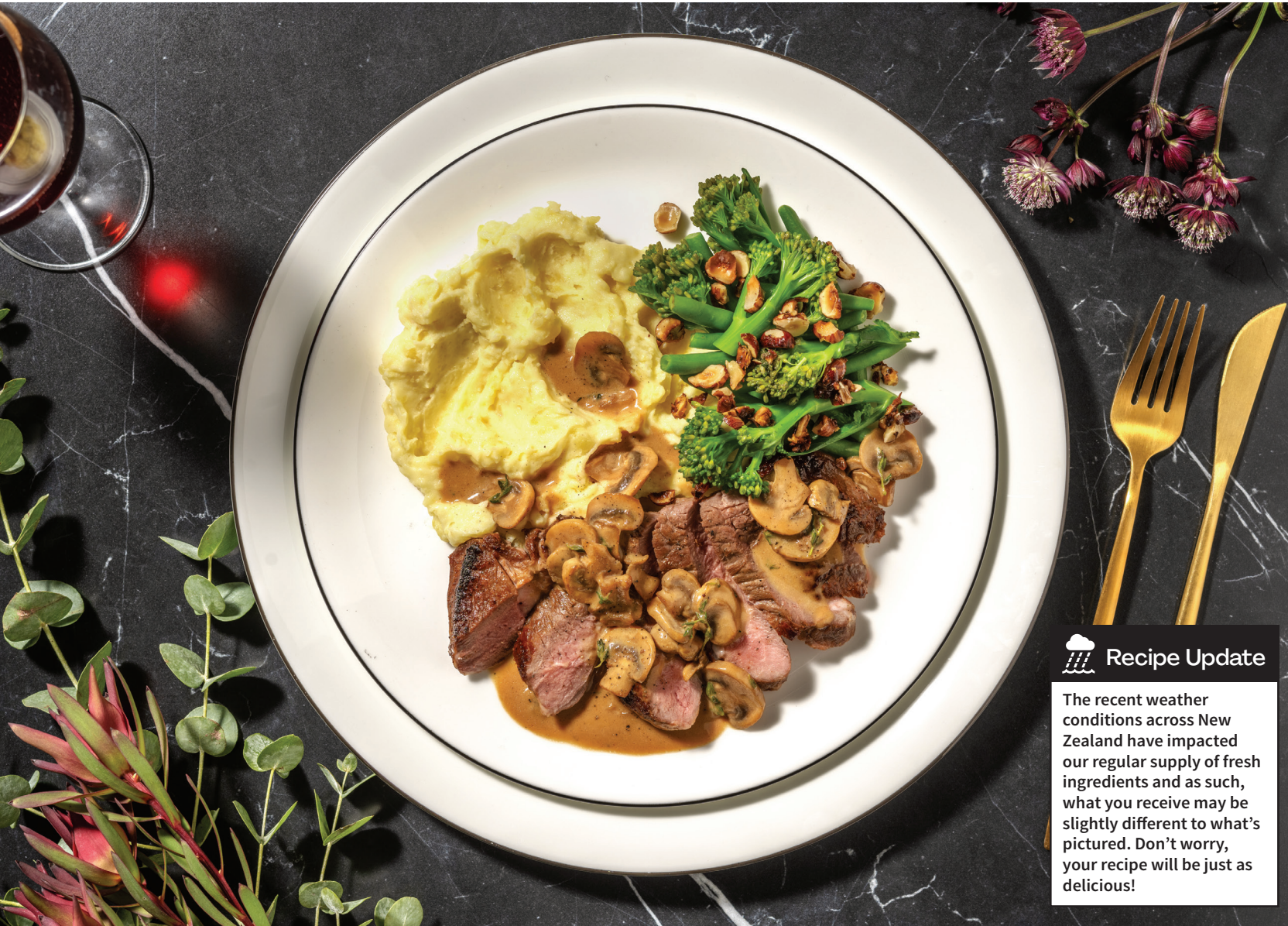


Seared Venison & Creamy Mushroom Sauce

with Parmesan Mash & Hazelnut Greens

AUTUMN SPECIAL

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Broccoli



Button Mushrooms



Thyme



Garlic



Cream



Beef-Style Stock Powder



Roasted Hazelnuts



Grated Parmesan Cheese



Venison Steak

Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

olive oil*	refer to method	refer to method
potato	2	4
baby broccoli	1 bag	2 bags
broccoli	½ head	1 head
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](https://www.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



Cook the potato

- 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, cut **broccoli** (see ingredients) into small florets, then roughly chop the stalk. Trim **baby broccoli**.

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



Cook the venison

- Season **venison steak** with **salt** and **pepper**. Heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, cook **venison steak** 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.

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.



Steam the veggies

- When the potatoes have **8 minutes** remaining, place a colander or steamer basket on top and add **baby broccoli** and **broccoli**.
- 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 the pan from heat.



Get prepped

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



Serve up

- Slice venison steak. Divide venison steak, Parmesan mash and greens between plates.
- Spoon mushroom sauce over steak.
- Garnish greens with **roasted hazelnuts** to serve. Enjoy!

Rate your recipe

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Peanut Butter & Choc-Chip Cookie Bar

with Caramel Drizzle

AUTUMN SPECIAL

Grab your Meal Kit with this symbol



Basic Sponge Mix



Dark Chocolate Chips



Brown Sugar



Peanut Butter



Caramel Sauce



Recipe Update

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Prep in: 15 mins
Ready in: 45 mins

Trust us when we say, this cookie bar is the bee's knees of scrumptious desserts. Like your favourite blonde brownie and cookie merged together, these fudgy delights are studded with dark chocolate chips and finished off with a decadent gooey caramel drizzled all over. Proceed with caution – these bad boys are addictive!

Pantry items

Butter, Eggs

Before you start

wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Small saucepan · 20cm x 20cm baking tin lined with baking paper

Ingredients

	8-9 People
olive oil*	refer to method
butter*	150g
basic sponge mix	1 packet
dark chocolate chips	1 medium packet
eggs*	2
brown sugar	1 packet
peanut butter	1 packet
caramel sauce	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3150kJ (752Cal)	1632kJ (390Cal)
Protein (g)	14.8g	7.7g
Fat, total (g)	24.2g	12.5g
- saturated (g)	13.5g	7g
Carbohydrate (g)	117.4g	60.8g
- sugars (g)	40.9g	21.2g
Sodium (mg)	1588mg	823mg

The quantities provided above are averages only.

*Nutritional information is based on 9 servings.

Allergens

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1



Brown the butter

- Preheat oven to **200°C/180°C fan-forced**.
- In a small saucepan, melt the **butter** over medium-high heat until beginning to brown, **2-3 minutes**. Set aside until cooled slightly, **5 minutes**.

2



Grease the tin

- While the butter is cooling, grease and line the baking tin with baking paper.

3



Combine the ingredients

- In a medium bowl, add **basic sponge mix** and **dark chocolate chips**. Stir until dark chocolate chips are well coated.
- Add the **eggs**, **brown sugar**, browned **butter** and **peanut butter** and stir to combine.

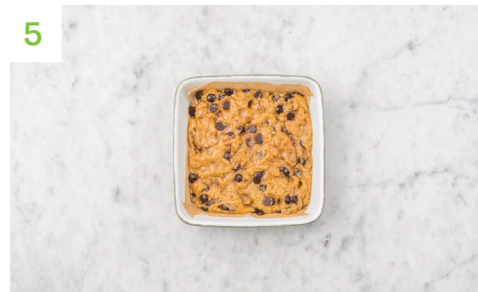
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Transfer the mixture

- Transfer **cookie bar batter** to the prepared baking tin and spread evenly using a spatula.

5

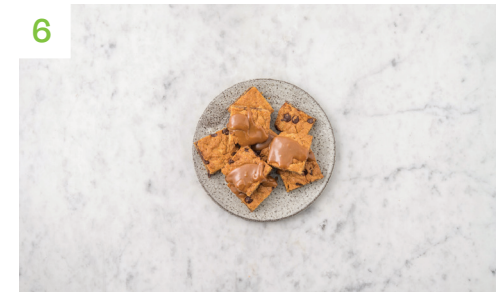


Bake the cookie bar

- Bake **cookie bar** until just firm to touch, **28-30 minutes**. Leave to cool in tin for **15 minutes**.
- While the cookie bar is cooling, add **caramel sauce** and a pinch of **salt** to a small bowl. Whisk until well combined.

TIP: To check if the cookie bar is done, stick a toothpick or skewer in the centre. It should come out clean.

6



Serve up

- Slice choc-chip cookie bar into squares.
- Serve cookie bars warm with caramel drizzle. Enjoy!

TIP: This drizzle is very sweet, add as little or as much as you like!

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