



# Venison Steak & Creamy Peppercorn Sauce

with Nutty Greens & Thyme-Roasted Veggies

Grab your Meal Kit with this symbol



Potato



Parsnip



Thyme



Garlic



Brocolini



Silverbeet



Black Peppercorns



Pine Nuts



Venison Steak



Longlife Cream



Beef-Style Stock Powder

 Hands-on: **25-35** mins  
Ready in: **30-40** mins

There's something eternally comforting about the aroma of a creamy peppercorn sauce. Completely mouth-watering to say the least. Drizzled over tender seared venison steak with a side of greens and toasted pine nuts, it's time for pub-style steak and chips to move over; there's a new and completely luxe contender in town.

## Pantry items

Olive Oil

## 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

Oven tray lined with baking paper · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsnip	2	4
thyme	1 bunch	1 bunch
garlic	3 cloves	6 cloves
broccolini	1 bunch	2 bunches
silverbeet	1 packet	1 packet
black peppercorns	½ sachet	1 sachet
pine nuts	1 packet	2 packets
venison steak	1 packet	1 packet
longlife cream	½ packet (125ml)	1 packet (250ml)
beef-style stock powder	½ sachet	1 sachet

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2880kJ (689Cal)	445kJ (106Cal)
Protein (g)	42.2g	6.5g
Fat, total (g)	33.2g	5.1g
-saturated (g)	17.7g	2.7g
Carbohydrate (g)	52.2g	8.1g
-sugars (g)	13.1g	2.0g
Sodium (mg)	418mg	65mg

### 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 Cabernet Sauvignon or Pinot Noir



## 1. Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** and **parsnip** (both unpeeled) into 2cm chunks. Pick and finely chop the **thyme** leaves. Lightly crush the **garlic** with the skin on (**2 cloves for 2 people / 4 cloves for 4 people**). Place the **potato, parsnip, thyme, crushed garlic** and a **drizzle of olive oil** on an oven tray lined with baking paper. Season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

**TIP:** Cut the veggies to size so they cook in time.



## 2. Get prepped

Finely chop the **remaining garlic** (or use a garlic press). Trim and halve the **broccolini** lengthways. Roughly chop the **silverbeet**. Lightly crush the **black peppercorns** (see ingredients list) in a pestle and mortar or in their sachet using a rolling pin.



## 3. Cook the nutty greens

When the veggies have **15 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a **drizzle of olive oil**. Add the **broccolini** and cook, tossing, until tender, **4-5 minutes**. Add the **pine nuts, silverbeet** and chopped **garlic** and cook until fragrant and slightly wilted, **2-3 minutes**. Season to taste. Transfer to a medium bowl and cover to keep warm.



## 4. Cook the venison

**See Top Steak Tips (bottom) for extra info!** Season the **venison steak** with **salt** and **pepper**. Return the frying pan to a high heat with a **drizzle of olive oil**. When the oil is hot, cook the **steak** for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest and cover to keep warm.



## 5. Make the peppercorn sauce

While the steak is resting, allow the pan to cool slightly, then return to a low heat. Add the **longlife cream** (see ingredients list), **beef-style stock powder** (**1/2 sachet for 2 people / 1 sachet for 4 people**) and crushed **peppercorns** and cook until warmed and infused with peppercorn flavour, **2-3 minutes**. Stir in any **steak resting juices** and season with **salt**.



## 6. Serve up

Thinly slice the steak. Divide the thyme-roasted veggies, venison steak and nutty greens between plates. Spoon over the creamy peppercorn sauce.

**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.