



Venison Steak & Peppercorn Sauce

with Herb-Roasted Veggies & Nutty Greens

Grab your Meal Kit with this symbol



Potato



Parsnip



Herbs



Garlic



Baby Broccoli



Cavolo Nero Kale



Pine Nuts



Venison Steak



Peppercorn Sauce

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. 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: **25-35** mins
Ready in: **30-40** mins

Calorie Smart

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
herbs	1 bag	1 bag
garlic	4 cloves	8 cloves
baby broccoli	1 bag	1 bag
cavolo nero kale	1 bunch	1 bunch
pine nuts	1 packet	2 packets
venison steak	1 packet	1 packet
peppercorn sauce	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2464kJ (589Cal)	401kJ (96Cal)
Protein (g)	40.3g	6.6g
Fat, total (g)	22g	3.6g
- saturated (g)	5.9g	1g
Carbohydrate (g)	58.1g	9.4g
- sugars (g)	25.3g	4.1g
Sodium (mg)	687mg	112mg

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 Cabernet Sauvignon or Pinot Noir



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **parsnip** into bite-sized chunks. Pick and finely chop **herbs**. Lightly crush 1/2 the **garlic** with the skin on.
- Place **potato**, **parsnip**, **herbs** and crushed **garlic** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.



Cook the venison

- Season **venison steak** on both sides.
- Return the frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **steak** for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.



Get prepped

- Meanwhile, finely chop remaining **garlic**. Trim and halve **baby broccoli** lengthways. Roughly chop **cavolo nero kale**.



Heat the sauce

- Meanwhile, add **peppercorn sauce** to a medium heatproof bowl and microwave in **20 second** bursts until heated through.

TIP: Add a splash of water if sauce looks too thick.



Cook the nutty greens

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



Serve up

- Slice venison steak.
- Divide herb-roasted veggies, steak and nutty greens between plates.
- Spoon over peppercorn sauce to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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