



Venison and Truffle Mushroom Sauce with Garlicky Spring Greens and Mash

Calorie Smart Luxe 35-40 Minutes • 1 of your 5 a day

30



Potatoes



Garlic Clove



Spring Onion



Sliced Spring Greens



Venison Leg Steak



Sliced Mushrooms



Chicken Stock Paste



Soured Cream



Truffle Zest

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, frying pan, lid, bowl, aluminium foil and colander.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	3	4	6
Spring Onion**	1	2	2
Sliced Spring Greens**	150g	200g	300g
Venison Leg Steak**	2	3	4
Sliced Mushrooms**	120g	180g	240g
Chicken Stock Paste	10g	15g	20g
Soured Cream** 7)	75g	120g	150g
Truffle Zest	1 sachet	2 sachets	2 sachets

Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	579g	100g
Energy (kJ/kcal)	1846 /441	319 /76
Fat (g)	10.5	1.8
Sat. Fat (g)	5.2	0.9
Carbohydrate (g)	51.6	8.9
Sugars (g)	7.0	1.2
Protein (g)	36.6	6.3
Salt (g)	1.33	0.23

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk


Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Remove the **steaks** from your fridge to allow them to come up to room temperature.

Put a large saucepan of **water** with $\frac{1}{2}$ **tsp salt** on to boil for the **potatoes**. Peel and chop the **potatoes** into 2cm chunks.

Peel 1 **garlic clove** per person and set aside, then peel and grate the remaining **garlic** (or use a garlic press).

Trim and thinly slice the **spring onion**.



Mash Time

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Add a knob of **butter** and a splash of **milk** (if you have any) and **mash** until smooth.

Season with **salt** and **pepper**, then stir through **half the spring onion**. Cover with a lid to keep warm.



Bring on the Greens

Once boiling, add the **potatoes** and the **whole garlic cloves** to the **water** and cook until you can easily slip a knife through, 15-20 mins.

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Add the **spring greens** along with **2 tbsp of water**, cover with a tight-fitting lid and cook until wilted, 5-6 mins. Add the **grated garlic** and cook for 1 min more. Season with **salt** and **pepper**.

Transfer to a bowl and cover to keep warm.



Make your Mushroom Sauce

While the **venison** rests, pop your pan back on medium-high heat with a drizzle of **oil** if needed (no need to clean).

Once hot, add the **mushrooms** and fry until golden, 3-4 mins.

Add the **water for the sauce** (see pantry for amount) and **chicken stock paste**. Bring to the boil and simmer until reduced by half, 1-2 mins.

Stir in the **soured cream** and **truffle zest**, bring back to the boil, then remove from the heat. Taste and season with **salt** and **pepper** if needed.



Fry the Venison

Season the **venison steaks** with **salt** and **pepper**. Pop the (now empty) frying pan back on high heat. **TIP:** *Venison steaks naturally vary in shape, so adjust the following timings depending on how you like yours cooked.*

Once hot, lay the **venison** into the pan and brown the meat for 1 min on all sides.

Lower the heat slightly and cook for another 1 min on each side. **TIP:** *Venison is best served rare but cook for 1 min more on each side for medium or 2 mins for well done.* **IMPORTANT:** *Wash your hands and equipment after handling raw meat. The venison is safe to eat when browned on the outside.*

Once cooked, rest the **steaks** on a board loosely covered with foil.



Finish Off

When everything's ready, reheat the **spring greens** and **mash** if necessary. Thinly slice the **venison** and transfer to your plates - add any **resting juices** to the **sauce** with a splash of **water** if the **sauce** is a little thick and reheat until piping hot.

Serve the **venison** with the **mash** and **spring greens** alongside. Spoon the **mushroom sauce** over the **venison**.

Sprinkle over the remaining **spring onion** to finish.

Enjoy!