



Venison Steak and Creamy Mustard Sauce

with Rosemary Potatoes and Roasted Pear Salad

Premium 35-40 Minutes • 1 of your 5 a day

29



Venison Leg Steaks



Rosemary



Salad Potatoes



Pear



Walnuts



Honey



Wholegrain Mustard



Chicken Stock Paste



Creme Fraiche



Pea Shoots



Cider Vinegar

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

Baking tray, frying pan, aluminium foil and bowl.

Ingredients

Ingredients	2P	3P	4P
Venison Leg Steaks**	2	3	4
Rosemary**	1 bunch	1 bunch	1 bunch
Salad Potatoes	350g	500g	700g
Pear**	1	2	2
Walnuts 2)	20g	40g	40g
Honey	30g	45g	60g
Wholegrain Mustard 9)	17g	25g	34g
Chicken Stock Paste	10g	15g	20g
Crema Fraiche** 7)	75g	120g	150g
Pea Shoots**	40g	60g	80g
Cider Vinegar 14)	15ml	22ml	30ml
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2599 /621	504 /120
Fat (g)	23.4	4.5
Sat. Fat (g)	8.3	1.6
Carbohydrate (g)	55.2	10.7
Sugars (g)	26.0	5.0
Protein (g)	50.6	9.8
Salt (g)	1.46	0.28

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

Allergens

2) Nuts 7) Milk 9) Mustard 14) Sulphites

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

Contact

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Cook the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

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

Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Halve the **salad potatoes**.

Pop the **potatoes** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over **half the rosemary**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden and tender, 25-30 mins.



Fry your Venison

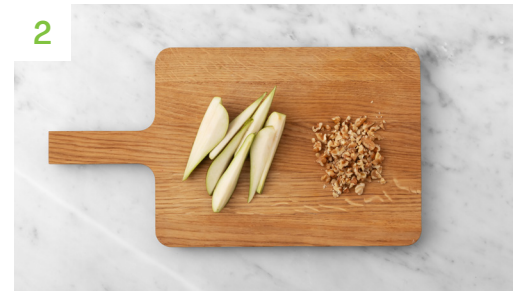
Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt** and **pepper**.

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 to medium-high 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.



Prep Time

Meanwhile, quarter the **pear** lengthways and discard the core (no need to peel). Halve each **quarter** lengthways again.

Roughly chop the **walnuts**.



Make the Mustard Sauce

While the **venison** rests, return the (now empty) pan to medium-high heat (no need to clean).

Add the **wholegrain mustard**, **chicken stock paste**, **crema fraiche**, remaining **rosemary** and **water for the sauce** (see pantry for amount). Stir to combine and bring to the boil.

Simmer until reduced slightly, 2-3 mins. Remove from the heat. Once the **pears** and **potatoes** have roasted, remove from the oven.

In a medium bowl, add the **roasted pears**, **pea shoots**, **cider vinegar**, **walnuts** and the remaining **honey**. Season with **salt** and **pepper**, then toss to coat.



Roast the Pear

When the **potatoes** have roasted for 15 mins, pop the **pears** onto the same tray.

Add a drizzle of **oil** and **half the honey**, toss to coat, then roast until tender and golden, 10-12 mins. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.



Dress and Serve

When everything's ready, thinly slice the **venison** and share between your plates.

Serve the **roasted potatoes** and **pear salad** alongside. Pour the **mustard sauce** over the **venison** to finish.

Enjoy!