



# Pepper Crusted Venison and Dauphinoise Potatoes with Roasted Asparagus

**Premium** 40-45 Minutes • 1 of your 5 a day

29



Venison Leg Steaks



Potatoes



Garlic Clove



Asparagus



Creme Fraiche



Chicken Stock Paste



Grated Hard  
Italian Style Cheese



Cracked Black Pepper

#### Pantry Items

Oil, Salt, Pepper, Olive Oil

## 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, colander, frying pan, ovenproof dish, baking tray and aluminium foil.

## Ingredients

Ingredients	2P	3P	4P
Venison Leg Steaks**	2	3	4
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Asparagus**	150g	200g	300g
Crème Fraîche** 7)	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Cracked Black Pepper	2 sachets	3 sachets	4 sachets
Pantry	2P	3P	4P
Reserved Potato Water*	75ml	100ml	150ml
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	558g	100g
Energy (kJ/kcal)	3049 /729	546 /131
Fat (g)	34.6	6.2
Sat. Fat (g)	17.5	3.1
Carbohydrate (g)	52.8	9.5
Sugars (g)	6.1	1.1
Protein (g)	55.6	10.0
Salt (g)	2.15	0.39

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

## Allergens

7) Milk 8) Egg

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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## Get Prepped

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

Remove the **steaks** from your fridge to allow them to come up to room temperature. Bring a large saucepan of **water** with ½ **tsp salt** to the boil.

Peel and slice the **potatoes** into 1cm thick rounds.

Peel and grate the **garlic** (or use a garlic press).

Trim the bottom 2cm from the **asparagus** and discard.



## Roast the Asparagus

Meanwhile, pop the **asparagus** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the middle shelf until tender, 10-12 mins.



## Cook the Potatoes

When your pan of **water** is boiling, add the **potato slices** and cook until you can easily slip a knife through, 8-12 mins.

Once cooked, reserve some of the **potato water** (see pantry for amount), then carefully drain in a colander.

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, add the **garlic** and cook until fragrant, 30 secs.

Add the **crème fraîche**, **chicken stock paste**, **reserved potato water** and **half the cheese**. Mix together, bring to the boil, then remove from the heat. Season to taste with **salt** and **pepper**.



## Bring on the Steaks

Sprinkle the **steaks** with **salt** and the **cracked black pepper**, ensuring they're well coated.

Heat a drizzle of **oil** in a large frying pan 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 in the **steaks** and brown for 1 min on each side.

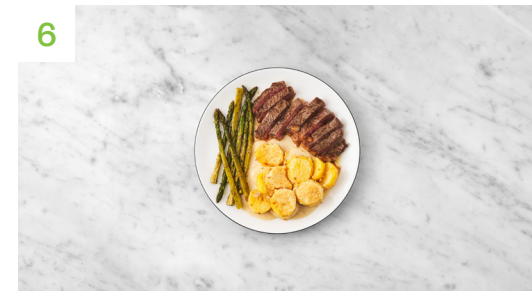
Lower the heat to medium-high and cook for another 1 min on each side. **TIP:** Venison is best served rare but cook for 1 min more on each side for medium or 2 mins for well done. **IMPORTANT:** Wash your hands and equipment after handling raw venison. It's safe to eat when browned on the outside.



## Make your Dauphinoise

Lay the **cooked potato slices** in layers in an appropriately sized ovenproof dish, then pour over the **creamy sauce**. Sprinkle the remaining **cheese** over the top.

Bake on the top shelf of your oven until golden brown and bubbly, 15-20 mins. **TIP:** Put the dish onto a baking tray to catch any drips.



## Finish and Serve

Once the **steaks** are cooked, transfer to a board, loosely cover in foil and allow to rest for a few mins before slicing widthways.

Serve the **steaks** on your plates with the **dauphinoise potatoes** and **roasted asparagus** alongside.

## Enjoy!