



Pan-Fried Venison Steaks

with Rosemary Potatoes and Creamy Mustard Sauce

Limited Edition 35 Minutes • 1 of your 5 a day

33



Rosemary



Salad Potatoes



Pear



Honey



Walnuts



Venison Leg Steak



Wholegrain Mustard



Chicken Stock Paste



Creme Fraiche



Pea Shoots



Apple Cider Vinegar

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Bowl, Frying Pan, Aluminum Foil, Measuring Cup.

Ingredients

	2P	3P	4P
Rosemary**	1 bunch	1 bunch	1 bunch
Salad Potatoes**	350g	500g	700g
Pear**	1	2	2
Honey	2 sachets	3 sachets	4 sachets
Walnuts 2)	20g	40g	40g
Venison Leg Steak**	2	3	4
Wholegrain Mustard 9)	17g	25g	34g
Chicken Stock Paste	10g	15g	20g
Creme Fraiche 7)**	75g	120g	150g
Pea Shoots**	40g	60g	80g
Apple Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	491g	100g
Energy (kJ/kcal)	2201/526	449/107
Fat (g)	22	4
Sat. Fat (g)	9	2
Carbohydrate (g)	55	11
Sugars (g)	26	5
Protein (g)	31	6
Salt (g)	1.42	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Cook the Potatoes

Preheat your oven to 200°C. Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Chop the **salad potatoes** in half. Pop them onto a baking tray with the **half** of the **rosemary**. Drizzle with **oil** and season with **salt** and **pepper**. Mix well to coat and lay out in a single layer. When your oven is hot, roast on the top shelf until golden and tender, 25-30 mins.



Venison Time

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, lay the **venison** into the pan and season with **salt** and **pepper**. 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 if you like it more well done, cook for another 2 mins on each side.* **IMPORTANT:** *Wash your hands and equipment after handling raw meat. The venison is safe to eat when the outside is browned.* Once cooked, rest the **steaks** on a board loosely covered with foil.



Prep

Meanwhile, peel and quarter the **pear** lengthways. Remove the core and halve each quarter lengthways again. Pop into a small bowl along with **half** of the **honey** and a drizzle of **oil**. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.* Roughly chop the **walnuts**.



Make the Sauce

While the **venison** rests, pop the **wholegrain mustard**, **chicken stock paste**, **creme fraiche**, remaining **rosemary** and **water for the sauce** (see ingredients for amount) into the pan you cooked the **venison** in. Gently heat on medium-high until piping hot, 2-3 mins, stirring frequently.



Roast the Pears

When the **potatoes** have been in the oven for 15 mins, pop the **pears** onto the same tray and roast until tender and starting to go golden, 10-12 mins.



Serve

Pop the **pea shoots** and **roasted pear** into a small bowl along with the **walnuts**, remaining **honey** and the **cider vinegar**. Season with **salt** and **pepper** and mix together to coat the **salad** in the **dressing**. When ready to eat, thinly slice the **venison** and serve on your plates with the **potatoes** and **pea shoot salad** alongside. Pour the **sauce** over the **venison** to finish.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.