



Pepper Crusted Venison

with Parsley Mash, Braised Fennel and Red Wine Jus

Premium 35 Minutes • Little Spice • 1 of your 5 a day

N° 28



Potato



Fennel



Spring Onion



Flat Leaf Parsley



Red Wine Stock



Black Peppercorns



Venison Leg Steak



Butter

Before you start

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

Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Frying Pan, Kettle, Ovenproof Dish, Colander, Pestle and Mortar and Bowls.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Fennel**	1	1.5	2
Spring Onion**	2	3	4
Flat Leaf Parsley**	½ bunch	¾ bunch	1 bunch
Red Wine Stock (14)	1 sachet	1½ sachets	2 sachets
Black Peppercorns	1 sachet	1 sachet	2 sachets
Venison Leg Steak**	2	3	4
Butter 7)**	30g	45g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	479g	100g
Energy (kJ/kcal)	1817 /434	379 /91
Fat (g)	15	3
Sat. Fat (g)	9	2
Carbohydrate (g)	49	10
Sugars (g)	7	2
Protein (g)	29	6
Salt (g)	1.97	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 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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1

Prep

Preheat your oven to 200°C. Bring a large saucepan of **water** up to the boil with ½ tsp of **salt** for the **potatoes**. Peel the **potatoes** and chop into 2cm chunks. Cut the **fennel** in half lengthways, remove the triangle root in the middle (see pic), then chop into roughly 2cm wide **wedges**.



2

Start the Fennel

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **fennel** and season with **salt** and a pinch of **sugar** (if you have any) and fry, turning occasionally, until starting to brown all over, 4-5 mins. Meanwhile, boil your kettle, trim the ends from the **spring onions** and thinly slice. Roughly chop the **parsley** (stalks and all) and keep both to one side.



3

Braise the Fennel

When the **fennel** is browned, remove the pan from the heat. Transfer the **fennel** to an ovenproof dish. Add **half** the **red wine stock pot**. Pour in enough hot **water** to cover the **fennel** about halfway up. Use a fork to dissolve the **stock pot**, then pop in your oven to cook until soft, 15-20 mins. Meanwhile, add the **potato** to the boiling **water** and cook until you can easily slip a knife through them, 12-15 mins. Once cooked, drain in a colander then return to the pan off the heat.



4

Pepper Time

While the **fennel** and **potatoes** cook, finely crush the **peppercorns** in a pestle and mortar along with a good pinch of **salt**. **TIP: If you don't have a pestle and mortar, put the peppercorns in a freezer bag and crush using the base of a saucepan.** Tip the **crushed pepper** onto a plate then roll the **venison steaks** in it until coated all over, pressing the **pepper** into the **meat** to ensure it sticks. **IMPORTANT: Wash your hands after handling raw meat.**



5

Fry the Venison

Wipe out the pan from earlier and put on high heat with a drizzle of **oil**. When hot, lay in the **venison** and fry for 2-3 mins on each side - this will cook the **venison** to medium rare, cook for a couple of minutes longer if you prefer it medium. Remove to a plate and cover loosely with foil. Return the pan to medium heat. Use a slotted spoon to transfer the **fennel** to a bowl (cover with foil). Pour the **fennel liquid** into the frying pan along with a splash of **water** if you feel it needs it. Stir in the remaining **stock pot**, bring to the boil and bubble until thick and glossy, 2-3 mins.



6

Finish and Serve

While the **sauce** thickens, add the **butter** to the drained **potato** and mash until smooth. Season to taste with **salt** and **pepper** and then stir in the **spring onions** and **parsley**. Slice the **venison steaks** into 5 pieces. Serve the **creamy potatoes** on plates topped with the **pepper crusted venison**. Spoon the **braised fennel** all round, then finish with the **red wine jus**.

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.