



Pepper Crusted Venison & Dauphinoise Potatoes

with Green Beans and Apple, Pea Shoot & Walnut Salad

30

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



Venison Leg Steak



Potatoes



Garlic Clove



Green Beans



Apple



Walnuts



Creme Fraiche



Chicken Stock Paste



Grated Hard Italian Style Cheese



Red Wine Vinegar



Cracked Black Pepper



Pea Shoots

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, bowl, lid and aluminium foil.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--|-----------|-----------|-----------|
| Venison Leg Steak** | 2 | 3 | 4 |
| Potatoes | 450g | 700g | 900g |
| Garlic Clove** | 2 | 3 | 4 |
| Green Beans** | 80g | 150g | 150g |
| Apple** | 1 | 1 | 2 |
| Walnuts 2) | 20g | 40g | 40g |
| Crema Fraiche** 7) | 150g | 225g | 300g |
| Chicken Stock Paste | 10g | 15g | 20g |
| Grated Hard Italian Style Cheese** 7) 8) | 20g | 40g | 40g |
| Red Wine Vinegar 14) | 12g | 24g | 24g |
| Cracked Black Pepper | 2 sachets | 3 sachets | 4 sachets |
| Pea Shoots** | 40g | 60g | 80g |

| Pantry | 2P | 3P | 4P |
|-----------------------------|--------|--------|--------|
| Reserved Potato Water* | 75ml | 100ml | 150ml |
| Olive Oil for the Dressing* | 1 tbsp | 1 tbsp | 2 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------|----------|
| Energy (kJ/kcal) | 2928/700 | 521/125 |
| Fat (g) | 39.6 | 7.1 |
| Sat. Fat (g) | 18.6 | 3.3 |
| Carbohydrate (g) | 55.1 | 9.8 |
| Sugars (g) | 10.9 | 1.9 |
| Protein (g) | 37.0 | 6.6 |
| Salt (g) | 3.25 | 0.58 |

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

Allergens

2) Nuts 7) Milk 8) Egg 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, milk, egg, mustard, celery, soya, 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

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 **green beans**. Quarter, core and thinly slice the **apple** (no need to peel).



Stir-Fry the Apple and Veg

Clean your frying pan and return to medium-high heat with a drizzle of **oil**.

Once hot, stir-fry the **apple slices** until softened, 5-6 mins, then transfer to the bowl of **dressing**.

Pop the (now empty) pan back on medium-high heat. Add the **green beans** and stir-fry until starting to char, 2-3 mins.

Stir in the remaining **garlic**, then turn the heat down to medium and cook for 1 min. Add a splash of **water** and immediately cover with a lid or foil. Cook until the **beans** are tender, 4-5 mins, then transfer to a small bowl and cover to keep warm.



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 **half** the **garlic** and cook until fragrant, 30 secs.

Add the **creme fraiche**, **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.

Return the (now empty) pan to medium-high heat with a drizzle of **oil**. Once hot, lay in the **steaks** and brown for 1 min on each side.

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. 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** on 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.**

Meanwhile, in a medium bowl, combine the **red wine vinegar**, **walnuts** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**, then set the **dressing** aside.



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** and **green beans** alongside.

Toss the **pea shoots** in the **apple** and **walnut dressing** and serve alongside.

Enjoy!