



# Pepper Crusted Venison Steak and Red Wine Jus with Parsley Mash and Roasted Asparagus

30

Premium 35-40 Minutes



Venison Leg Steak



Potatoes



Asparagus Bundles



Flat Leaf Parsley



Cracked Black Pepper



Red Wine Jus Paste



Unsalted Butter

**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

Saucepan, colander, baking tray, frying pan and aluminium foil.

## Ingredients

Ingredients	2P	3P	4P
Venison Leg Steak**	2	3	4
Potatoes	450g	700g	900g
Asparagus Bundles**	150g	200g	300g
Flat Leaf Parsley**	½ bunch	¾ bunch	1 bunch
Cracked Black Pepper	2 sachets	3 sachets	4 sachets
Red Wine Jus Paste <b>10</b> <b>14</b>	15g	22g	30g
Unsalted Butter** <b>7</b>	20g	30g	40g

Pantry	2P	3P	4P
Water for the Jus*	150ml	225ml	300ml

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>442g</b>	<b>100g</b>
Energy (kJ/kcal)	1629 /389	369 /88
Fat (g)	10.7	2.4
Sat. Fat (g)	6.3	1.4
Carbohydrate (g)	45.1	10.2
Sugars (g)	4.3	1.0
Protein (g)	31.6	7.2
Salt (g)	1.8	0.41

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

## Allergens

**7)** Milk **10)** Celery **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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

 You can recycle me!



## Get Prepped

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

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

Peel and chop the **potatoes** into 2cm chunks. Trim the bottom 2cm from the **asparagus** and discard.

Roughly chop the **parsley** (stalks and all).



## Fry the Venison

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay the **venison** into the pan and brown the **meat** 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: The venison is safe to eat when browned on the outside.**

Once cooked, rest the **steaks** on a board loosely covered with foil.



## Cook the Potatoes

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 12-15 mins.

Once cooked, drain in a colander, then return to the pan, off the heat.



## Make the Red Wine Jus

Return the (now empty) frying pan to high heat (no need to clean).

Pour in the **water for the jus** (see pantry for amount) and bring to the boil on high heat. Stir in the **red wine jus paste**, then reduce the heat to medium-high.

Allow the **sauc**e to bubble and thicken, stirring regularly, 5-6 mins.



## Roast the Asparagus

While the **potatoes** cook, tip the **cracked black pepper** onto a plate.

Place the **venison steaks** in the **pepper** and turn until evenly coated, pressing down firmly to ensure it sticks. **TIP: Brush off some pepper if needed - it has some heat! IMPORTANT: Wash your hands and equipment after handling raw meat.**

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.



## Finish and Serve

While the **jus** thickens, add the **butter** and a splash of **milk** (if you have any) to the **cooked potatoes** and **mash** until smooth. Season to taste with **salt** and **pepper**, then stir through the **parsley**.

Slice the **venison steaks** into 5 pieces and plate up with the **mash** and **roasted asparagus** alongside.

Spoon over the **red wine jus** to finish.

Enjoy!