



Venison in Bacon Bourguignon Sauce with Roasted Garlic Mash

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

29



Potatoes



Red Onion



Garlic Clove



Bacon Lardons



Sliced Mushrooms



Red Wine
Stock Paste



Venison Leg
Steak

Pantry Items
Plain Flour

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

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

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Red Onion**	1	2	2
Garlic Clove**	4	6	8
Bacon Lardons**	60g	90g	120g
Sliced Mushrooms**	120g	180g	240g
Plain Flour*	1 tbsp	2 tbsp	2 tbsp
Water for the Sauce*	150ml	225ml	300ml
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets
Venison Leg Steak**	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	515g	100g
Energy (kJ/kcal)	1762 / 421	342 / 82
Fat (g)	8	2
Sat. Fat (g)	3	1
Carbohydrate (g)	55	11
Sugars (g)	10	2
Protein (g)	34	7
Salt (g)	2.72	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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 200°C. Put a large saucepan of **water** with **½ tsp salt** on to boil for the **potatoes**. Peel and chop the **potatoes** into 2cm chunks. Peel and quarter the **red onion**. Pop the **garlic** (no need to peel) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Pop the **onion** onto a baking tray, cut-side up, and drizzle with **oil**. Season with **salt** and **pepper**. Add the **garlic parcel** to the tray.



Fry the Venison

While the **sauce** simmers, heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **venison steaks** with **salt** and **pepper**. When the pan is hot, lay in the **venison** and fry for 1 min on all sides. Lower the heat slightly and fry 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.** Once cooked, rest the **steaks** on a clean plate loosely covered with foil. **IMPORTANT: Wash your hands and equipment after handling raw meat. The venison is safe to eat when the outside is browned.**



Start the Sauce

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Once the oven is hot, roast the **garlic** and **onion** on the top shelf until soft, 10-15 mins. Meanwhile, heat a drizzle of **oil** in another large saucepan on medium-high heat. Once hot, add the **bacon lardons** and **mushrooms** and stir-fry until golden, 4-5 mins. **IMPORTANT: Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.**



Mash the Potatoes

Meanwhile, once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Once the **garlic** has cooled, cut the end with scissors, squeeze out of the skin and mash with a fork. Add the **roasted garlic**, a splash of **milk** and a knob of **butter** (if you have any) to the **cooked potatoes** and mash until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm.



Simmer Time

Stir the **flour** (see ingredients for amount) into the **bacon** and **mushrooms** and cook for 1 min more. Stir in the **water for the sauce** (see ingredients for amount) and **red wine stock paste**. Bring to the boil, stirring, then lower the heat and simmer until thickened, 8-10 mins. **TIP: Add a splash of water if it gets too thick.**



Time To Serve

When everything is ready, pour any **resting juices** from the **venison** into your **sauce** and reheat until piping hot. Thinly slice the **venison** widthways and transfer to your plates. Add a serving of **mash** alongside, then spoon over the **bourguignon sauce**. Serve with the **roasted onion quarters** on top of the **mash**.

Enjoy!