



Venison Steak and Bacon Bourguignon Sauce with Mushrooms, Roasted Garlic Mash and Tenderstem® Broccoli

30

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



Venison Leg Steak



Tenderstem® Broccoli



Potatoes



Bacon Lardons



Sliced Mushrooms



Red Wine Jus Paste



Garlic Clove

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, aluminium foil, baking tray, frying pan, colander, kitchen scissors and lid.

Ingredients

Ingredients	2P	3P	4P
Venison Leg Steak**	2	3	4
Tenderstem® Broccoli**	150g	200g	300g
Potatoes	450g	700g	900g
Bacon Lardons**	60g	90g	120g
Sliced Mushrooms**	80g	120g	160g
Red Wine Jus Paste 10) 14)	15g	22g	30g
Garlic Clove**	4	6	8

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

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 508g	Per 100g 100g
Energy (kJ/kcal)	1707 /408	336 /80
Fat (g)	8.7	1.7
Sat. Fat (g)	2.8	0.6
Carbohydrate (g)	47.2	9.3
Sugars (g)	4.6	0.9
Protein (g)	38.7	7.6
Salt (g)	1.88	0.37

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

Allergens

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

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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. Put a large saucepan of **water** with ½ **tsp salt** on to boil for the **potatoes**.

Halve any thick **broccoli stems** lengthways. Peel and chop the **potatoes** into 2cm chunks.

Pop the **garlic cloves** (no need to peel) into a piece of foil with a drizzle of **oil** and scrunch to enclose it.

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



Fry the Venison

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **venison steaks** with **salt** and **pepper**.

Once hot, lay the **venison** into the pan and 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 venison. It's safe to eat when browned on the outside.*

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



Roast the Broccoli

While the **potatoes** cook, pop the **broccoli** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. Add the **garlic parcel** to the tray.

When the oven is hot, roast on the middle shelf until the **broccoli** is tender and crispy, 10-12 mins.



Mash the Potatoes

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Once the **garlic** has roasted and 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 your Sauce

Meanwhile, heat a drizzle of **oil** in another large saucepan on medium-high heat.

Once hot, add the **bacon lardons** and **mushrooms**. Stir-fry until golden, 4-5 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.*

Pour in the **water for the sauce** (see pantry for amount), then bring to the boil on high heat.

Stir in the **red wine jus paste**, then reduce the heat to medium-high. Allow the **sauce** to bubble and thicken, stirring regularly, 5-6 mins.



Finish and Serve

Just before serving, reheat the **sauce** until piping hot. Add a splash of **water** if it's a little too thick.

Slice the **venison** widthways into 1cm thick slices and transfer to your plates. Add a serving of **mash** alongside, then spoon over the **bourguignon sauce**.

Serve with the **roasted broccoli** alongside.

Enjoy!