



Venison Steak & Creamy Peppercorn Sauce

with Nutty Greens & Thyme-Roasted Veggies

Grab your Meal Kit with this symbol



Potato



Parsnip



Thyme



Garlic



Brocolini



Silverbeet



Black Peppercorns



Pine Nuts



Venison Steak



Longlife Cream



Beef-Style Stock Powder

 Hands-on: **25-35** mins
Ready in: **30-40** mins

There's something eternally comforting about the aroma of a creamy peppercorn sauce. Completely mouth-watering to say the least. Drizzled over tender seared venison steak with a side of greens and toasted pine nuts, it's time for pub-style steak and chips to move over; there's a new and completely luxe contender in town.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsnip	2	4
thyme	1 bunch	1 bunch
garlic	3 cloves	6 cloves
broccolini	1 bunch	2 bunches
silverbeet	1 packet	1 packet
black peppercorns	½ sachet	1 sachet
pine nuts	1 packet	2 packets
venison steak	1 packet	1 packet
longlife cream	½ packet (125ml)	1 packet (250ml)
beef-style stock powder	½ sachet	1 sachet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2880kJ (689Cal)	445kJ (106Cal)
Protein (g)	42.2g	6.5g
Fat, total (g)	33.2g	5.1g
-saturated (g)	17.7g	2.7g
Carbohydrate (g)	52.2g	8.1g
-sugars (g)	13.1g	2.0g
Sodium (mg)	418mg	65mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a Drop?

We recommend pairing this meal with Cabernet Sauvignon or Pinot Noir



1. Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** and **parsnip** (both unpeeled) into 2cm chunks. Pick and finely chop the **thyme** leaves. Lightly crush the **garlic** with the skin on (**2 cloves for 2 people / 4 cloves for 4 people**). Place the **potato, parsnip, thyme, crushed garlic** and a **drizzle of olive oil** on an oven tray lined with baking paper. Season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: Cut the veggies to size so they cook in time.



2. Get prepped

Finely chop the **remaining garlic** (or use a garlic press). Trim and halve the **broccolini** lengthways. Roughly chop the **silverbeet**. Lightly crush the **black peppercorns** (see ingredients list) in a pestle and mortar or in their sachet using a rolling pin.



3. Cook the nutty greens

When the veggies have **15 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a **drizzle of olive oil**. Add the **broccolini** and cook, tossing, until tender, **4-5 minutes**. Add the **pine nuts, silverbeet** and chopped **garlic** and cook until fragrant and slightly wilted, **2-3 minutes**. Season to taste. Transfer to a medium bowl and cover to keep warm.



4. Cook the venison

See Top Steak Tips (bottom) for extra info!

Season the **venison steak** with **salt** and **pepper**. Return the frying pan to a high heat with a **drizzle of olive oil**. When the oil is hot, cook the **steak** for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest and cover to keep warm.



5. Make the peppercorn sauce

While the steak is resting, allow the pan to cool slightly, then return to a low heat. Add the **longlife cream** (see ingredients list), **beef-style stock powder** (**1/2 sachet for 2 people / 1 sachet for 4 people**) and crushed **peppercorns** and cook until warmed and infused with peppercorn flavour, **2-3 minutes**. Stir in any **steak resting juices** and season with **salt**.



6. Serve up

Thinly slice the steak. Divide the thyme-roasted veggies, venison steak and nutty greens between plates. Spoon over the creamy peppercorn sauce.

Enjoy!

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.