



# Venison Steak & Parmesan Mushroom Potatoes

with Sautéed Greens, Hazelnuts & Truffle Mayo

Grab your Meal Kit with this symbol



Potato



Garlic



Brown Onion



Broccoli



Cavolo Nero Kale



Button Mushrooms



Thyme



Grated Parmesan Cheese



Venison Steak



Parsley



Roasted Hazelnuts



Italian Truffle Mayonnaise

Hands-on: 25-35 mins  
Ready in: 40-50 mins

It would be crazy not to look to the French when designing a gourmet meal... after all, they have one of the most revered cuisines in the world. And, what they really do best is to take good ingredients and simply elevate them... as the chef in you will do tonight! Bon appétit!

### Pantry items

Olive Oil, Butter

## 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	3	6
garlic	2 cloves	4 cloves
brown onion	½ (medium)	1 (medium)
broccolini	1 bunch	2 bunches
cavolo nero kale	1 bunch	1 bunch
button mushrooms	1 packet (150g)	1 packet (250g)
thyme	1 bunch	1 bunch
butter*	20g	40g
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
venison steak	1 packet	1 packet
parsley	1 bunch	1 bunch
roasted hazelnuts	1 packet	2 packets
Italian truffle mayonnaise	1 packet (40g)	2 packets (80g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2679kJ (640Cal)	424kJ (101Cal)
Protein (g)	47.5g	7.5g
Fat, total (g)	33.9g	5.4g
- saturated (g)	10.3g	1.6g
Carbohydrate (g)	32.5g	5.1g
- sugars (g)	5.6g	0.9g
Sodium (mg)	440mg	70mg

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://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



## Roast the potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place on an oven tray lined with baking paper, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

**TIP:** Cut the potato to size so it cooks in time.



## Get prepped

While the potato is roasting, finely chop the **garlic**. Thinly slice the **brown onion**. Trim the ends of the **broccolini**, then halve lengthways. Roughly chop the **cavolo nero kale**. Thinly slice the **button mushrooms**. Pick the **thyme** leaves.



## Make the mushroom potatoes

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, stirring, until softened slightly, **2-3 minutes**. Add the **mushrooms**, **thyme** and **butter** and cook, stirring occasionally, until softened, **5 minutes**. Add the **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a large bowl and season to taste. When the **potato** is done, transfer to the **mushrooms** and toss to combine. Sprinkle over the **grated Parmesan cheese** and set aside.



## Cook the steak

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



## Sauté the greens

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **broccolini** with a dash of **water**, tossing occasionally, until tender, **4-6 minutes**. Add the **kale** and cook until softened, **1-2 minutes**. Season to taste.

**TIP:** Add another dash of water to the pan to help speed up the cooking process.



## Serve up

Roughly chop the **parsley** leaves. Roughly chop the **roasted hazelnuts**. Slice the venison steak. Divide the steak, Parmesan-mushroom potatoes and sautéed greens between plates. Garnish with the hazelnuts and parsley. Serve with the **Italian truffle mayonnaise**.

**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.