



Venison Steaks and Rosemary Garlic Wedges with Creamed Spinach and Rainbow Carrots

Premium 60 Minutes • 1 of your 5 a day

30



-  Potatoes
-  Mixed Chantenay Carrots
-  Rosemary
-  Echalion Shallot
-  Garlic Clove
-  Garlic Salt
-  Baby Spinach
-  Creme Fraiche
-  Venison Leg Steak
-  Chicken Stock Paste
-  Black Peppercorns

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Frying Pan, Saucepan, Colander and Garlic Press.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Mixed Chantenay Carrots**	150g	225g	300g
Rosemary	1 bunch	1 bunch	1 bunch
Echalion Shallot**	1	1	2
Garlic Clove**	2	3	4
Plain Flour*	16g	16g	32g
Garlic Salt	1 pot	1 pot	2 pots
Baby Spinach**	100g	150g	200g
Creme Fraiche** 7)	150g	225g	300g
Venison Leg Steak**	2	3	4
Water*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Black Peppercorns	1 sachet	1 sachet	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	646g	100g
Energy (kJ/kcal)	2307 / 552	357 / 85
Fat (g)	25	4
Sat. Fat (g)	12	2
Carbohydrate (g)	59	9
Sugars (g)	6	1
Protein (g)	35	5
Salt (g)	1.82	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Start the Potatoes

Preheat your oven to 220°C. Pour a glug of **oil** onto a baking tray and pop into your oven. **TIP: Hot oil = crispy potatoes.** Bring a large saucepan of **water** to the boil on high heat with $\frac{1}{2}$ **tsp salt**. Chop the **potatoes** into 2cm wide wedges (no need to peel). Add the **potatoes** to the **boiling water** and cook, 5-6 mins, or until the edges have softened when you poke them with a knife.



Spinach Time

Clean the **potato** pan and pop back on medium heat with a drizzle of **oil**. Add the **shallot** and fry until soft, 4-5 mins. Add the **spinach** and **garlic**, then season with **salt** and **pepper**. Stir together and cook until wilted, 1-2 mins. Add **half** the **creme fraiche** to the **spinach** and cook until piping hot. Taste and season if needed, then remove from the heat.



Finish the Prep

Meanwhile, trim and halve the **carrots** lengthways. Pop onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread them out in a single layer then set aside. Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).



Cook the Venison

Heat a drizzle of **oil** in a large frying pan over medium-high heat. Season the **venison steaks** with **salt**, **pepper** and the remaining **rosemary**. When 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 after handling raw meat. The venison is safe to eat when the outside is browned.** Once ready, remove from the pan and rest the **steaks** on a board loosely covered with foil.



Roast the Potatoes

Once the **potatoes** are ready, drain in a colander, then pop back in the pan. Sprinkle on the **garlic salt**, **flour** (see ingredients for amount) and **three quarters** of the **rosemary**. Give your pan a shake to fluff up the **potato**. Take your hot baking tray out of your oven and carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Season with **salt**, then roast the **wedges** on the top shelf of your oven until golden, 30-40 mins, turning halfway through. Add the **carrots** to the middle shelf of the oven 10-15 mins into the cooking time to roast until tender, 20-25 mins.



Finish & Serve

Pop your (now empty) frying pan back on medium heat. Add the **water** (see ingredients for amount), **chicken stock paste** and **crushed peppercorns**. Allow to reduce until thickened, 2-3 mins. Stir in the remaining **creme fraiche**, then take off the heat. Serve the **venison** with the **rosemary garlic wedges**, **carrots** and **spinach** alongside. Drizzle over the **sauce**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.