



Venison Steaks and Creamy Peppercorn Sauce

with Rosemary Wedges, Chantenay Carrots and Creamed Spinach

30

Premium 55 Minutes • 1 of your 5 a day



Potatoes



Chantenay Carrots



Rosemary



Red Onion



Garlic Clove



Baby Spinach



Creme Fraiche



Venison Leg Steak



Chicken Stock Paste



Black Peppercorns

Pantry Items
Plain Flour, Water

Before you start

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

Cooking tools

Baking tray, saucepan, garlic press, colander, frying pan and rolling pin.

Ingredient

	2P	3P	4P
Potatoes**	450g	700g	900g
Chantenay Carrots**	150g	225g	300g
Rosemary**	1 bunch	1 bunch	1 bunch
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Plain Flour*	16g	16g	32g
Baby Spinach**	100g	200g	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	672g	100g
Energy (kJ/kcal)	2612/624	389/93
Fat (g)	27	4
Sat. Fat (g)	16	2
Carbohydrate (g)	63	9
Sugars (g)	13	2
Protein (g)	35	5
Salt (g)	1.20	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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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Start the Potatoes

Preheat your oven to 220°C. Pour enough **oil** into a baking tray to cover the bottom 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 **onion** 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 another 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 chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).



Cook the Venison

Heat a drizzle of **oil** in a large frying pan on 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 and equipment 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 **flour** (see ingredients for amount) and **three quarters** of the **rosemary**. Give your pan a shake to fluff up the **potatoes**. Take your hot baking tray out of the oven and carefully transfer your **wedges** onto it in a single layer, turning in the **oil**. Season with **salt**, then roast on the top shelf of your oven until golden, 30-40 mins, turning halfway through. After 10-15 mins, add the **carrots** to the middle shelf of the oven and roast until tender 20-25 mins. Turn halfway through.



Finish and Serve

Pop your (now empty) frying pan back on medium heat. Crush the **peppercorns** in the unopened sachet with a rolling pin. 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. Thinly slice the venison **steaks** and serve with the **rosemary wedges**, **carrots** and **spinach** alongside. Drizzle over the **sauce**.

Enjoy!