



Venison and Truffle Mushroom Sauce with Garlicky Cabbage and Mash

Premium 35 Minutes • 2 of your 5 a day

Nº 28



Potato



Garlic Clove



Sweetheart Cabbage



Spring Onion



Venison Leg Steak



Sliced Mushrooms



Chicken Stock Paste



Soured Cream



Truffle Powder

Before you start

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

Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Peeler, Garlic Press, Frying Pan and Potato Masher.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Garlic Clove	3	4	6
Sweetheart Cabbage**	1	1	2
Spring Onion**	1	2	2
Venison Leg Steak**	2	3	4
Sliced Mushrooms**	120g	180g	240g
Water for the Sauce*	75ml	100ml	150ml
Chicken Stock Paste	10g	15g	20g
Soured Cream 7)**	75g	120g	150g
Truffle Powder	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	764g	100g
Energy (kJ/kcal)	2004 /479	262 /63
Fat (g)	10	1
Sat. Fat (g)	5	1
Carbohydrate (g)	55	7
Sugars (g)	15	2
Protein (g)	38	5
Salt (g)	1.29	0.17

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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
Packed in the UK
The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Get Prepped

Put a large saucepan of **water** with ½ tsp **salt** on to boil for the **potatoes**. Peel and chop the **potatoes** into 2cm chunks. Peel 1 **garlic clove** per person and set aside, peel and grate the remaining **garlic** (or use a garlic press). Halve the **cabbage** lengthways, cut out and discard the tough core, then finely slice. Trim and thinly slice the **spring onion**.



Mash

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper** and stir through half the **spring onion**. Cover with a lid to keep warm.



Boil the Potatoes

Once boiling, add the **potatoes** and the whole **garlic cloves** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Meanwhile, heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **cabbage** and season with **salt** and **pepper**. Fry until softened and slightly charred, 4-5 mins. Only stir 2-3 times during this time to allow it to colour nicely. Add the **grated garlic** and cook for 1 minute, remove the pan from the heat.



Make the Sauce

Once the **venison** is out of the pan and resting, pop your pan back on medium-high heat, add a drizzle of **oil** if needed. Add the **mushrooms** and stir-fry until golden, 3-4 mins. Add the **water** (see ingredients for amount) and **chicken stock paste**. Bring to the boil and simmer until reduced by half, 1-2 mins. Stir in the **soured cream**, bring to the boil, then remove from the heat. Taste and season with **salt** and **pepper** if needed.



Fry the Venison

Meanwhile, heat a frying pan over medium-high heat. Season the **venison steaks** with **salt** and **pepper**. Drizzle on a splash of **oil** and rub over the **meat**. When the pan is hot, brown the **meat** for 1 min on all sides. Lower the heat slightly and cook for another 2-3 mins 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.* **IMPORTANT:** *The venison is safe to eat when the outside is browned. Once cooked, rest the steaks on a board loosely covered with foil (don't wash your pan).*



Finish Off

Add the **truffle zest** to the pan with the creamy **mushrooms** and stir to combine. Reheat the **cabbage** and **mash** if necessary. Thinly slice the **venison** and pop on a plate, add any resting **juices** to the **sauce** with a splash of **water** if the **sauce** is a little thick and reheat until piping hot. Serve with the **mash** and **cabbage** alongside and the **mushroom sauce** spooned over. Sprinkle over the remaining **spring onion**.

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.