



Venison Steak Sandwich

with Cheese, Caramelised Onions and Chips

Family 30-35 Minutes • Mild Spice • 1 of your 5 a day

11



Venison Leg Steaks



Potatoes



Mature Cheddar Cheese



Onion



Mayonnaise



Dijon Mustard



Balsamic Vinegar



Burger Buns



Wild Rocket

Pantry Items

Oil, Salt, Pepper, Sugar, Tomato Ketchup

Before you start

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

Cooking tools

Baking tray, grater, bowl, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Venison Leg Steaks**	2	3	4
Potatoes	450g	700g	900g
Mature Cheddar Cheese** (7)	30g	40g	60g
Onion**	1	1½	2
Mayonnaise (8) (9)	32g	48g	64g
Dijon Mustard (9) (14)	10g	15g	20g
Balsamic Vinegar (14)	12ml	18ml	24ml
Burger Buns (13)	2	3	4
Wild Rocket**	20g	40g	40g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
	544g	100g
Energy (kJ/kcal)	3026 / 723	556 / 133
Fat (g)	15.7	2.9
Sat. Fat (g)	4.1	0.8
Carbohydrate (g)	87.5	16.1
Sugars (g)	16.8	3.1
Protein (g)	58.4	10.7
Salt (g)	1.98	0.36

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 9) Mustard 13) Cereals containing gluten
14) Sulphites

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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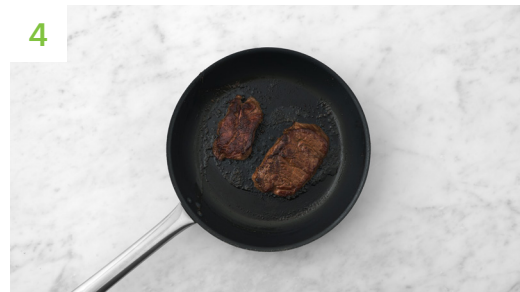
Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7.
Remove the **venison steaks** from your fridge to allow them to come up to room temperature.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Fry your Steaks

Season the **steaks** with **salt** and **pepper**. **TIP:** Venison steaks naturally vary in shape, so adjust the following timings depending on how you like yours cooked.

Once hot, lay the **venison** into the pan and brown the **meat** for 1 min on each side.

Lower the heat to medium-high and cook for another 1 min on each side. **TIP:** Venison is best served rare but cook for 1 min more on each side for medium or 2 mins for well done.

Once cooked, rest the **steaks** on your board loosely covered with foil. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The venison is safe to eat when browned on the outside.



Time to Prep

Meanwhile, grate the **Cheddar cheese**. Halve, peel and thinly slice the **onion**.

In a small bowl, combine the **mayonnaise** and **Dijon mustard** (add less if you'd prefer). Set aside.



Cheese Please

While the **steaks** rest, halve the **burger buns**.

Pop them onto a baking tray, then sprinkle the **cheese** over the **bun lids**. Bake on the middle shelf of your oven until the **cheese** has melted and the **buns** have warmed through, 2-3 mins.

When ready to serve, slice the **steaks** widthways into 1cm thick slices.



Caramelize the Onion

Heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.

Add the **balsamic vinegar** and **sugar** (see pantry for amount). Cook until caramelised, 1-2 mins more. Transfer to a small bowl.

Wipe out the (now empty) pan and return to high heat with a drizzle of **oil** (no need to clean).



Assemble and Serve

When everything's ready, spread the **Dijon mayo** over the **bun bases**. Top with the **sliced venison steak**, **caramelised onion** and **rocket**, then sandwich shut with the **cheesy bun lids**.

Serve with the **chips** alongside and a dollop of **ketchup** (see pantry for amount) for dipping.

Enjoy!