



# HAZELNUT CRUSTED VENISON

with Roasted Squash, Kale and Redcurrant Jus



SPECIALITY INGREDIENT



## HELLO BUTTERNUT SQUASH

*It is claimed that the name of this gourd came from "smooth as butter, sweet as nut".*



Butternut Squash



Echalion Shallots



Thyme



Hazelnuts



Panko Breadcrumbs



Italian Style Grated Hard Cheese



Venison Leg Steak



Dijon Mustard



Kale



Rich Redcurrant Jelly

Add a touch of luxury to your weeknight menu with our deliciously succulent venison steaks. Rich in colours and flavours, this dish champions British produce and is truly something special. Thyme roasted butternut squash, earthy wilted kale and a sweet redcurrant jus are the perfect accompaniment to hazelnut crusted venison. Pair with a glass of red to really spoil yourself.

40 mins

1.5 of your 5 a day

MEAL BAG

13



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray** and two **Large Frying Pans**. Now, let's get cooking!



### 1 ROAST THE SQUASH

Preheat your oven to 200°C. Trim the **butternut squash** then halve lengthways and scoop out the seeds. Chop it widthways into 2cm wide lengths, then chop into 2cm chunks (no need to peel!) Pop on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Add **half** the **thyme** (leave the sprigs whole), toss together, spread out and roast on the top shelf of the oven until soft and golden, 25-30 mins. Turn halfway.



### 2 PREP

Meanwhile, halve, peel and chop the **shallot** into small pieces. Pick the remaining **thyme leaves** from their stalks and roughly chop the **leaves** (discard the stalks) Roughly chop the **hazelnuts**. Place the **panko breadcrumbs**, **half** the **cheese**, **half** the **hazelnuts** and the remaining **thyme** in a small bowl and stir together. Spread this **mixture** out on a plate and set aside.



### 3 CRUMB TIME

Season the **venison steaks** all over with **salt** and **pepper**. Spread the **dijon mustard** evenly all over each **steak**, ensuring it is completely covered. Now press the **steaks** into the **crumb mixture**, making sure they get a good even crumbing all over. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat. Heat a drizzle of **oil** in a frying pan on medium-high heat.



### 4 SEAR THE STEAKS

When the pan is hot, carefully lay in the crumbed **venison steaks**. Fry for 2-3 mins on all sides, then remove from the pan and set aside on a plate. Cover loosely with foil. (Keep the pan, we will use it later) **TIP:** We like our venison rare, if you like it more well done, cook for 2 mins more on each side. **IMPORTANT:** The venison is safe to eat when the outside is cooked.



### 5 COOK THE KALE

While the venison is cooking, heat a drizzle of **oil** in another large frying pan on medium heat. Add the **shallot** and cook, stirring, until soft, 2-3 mins. Add the **kale**, stir together then add a splash of **water** and pop a lid on the pan. Steam-fry until the **kale** is wilted, 4-5 mins, then remove from the heat. Season to taste with **salt** and **pepper** if needed.



### 6 SERVE

While the **venison** is resting, wipe out the pan, return to medium heat and add the **redcurrant jelly** and **water** (see ingredients for amount). Stir to dissolve the **jelly** and simmer until you have a glossy **sauce**, 2-3 mins. Slice the **venison** thinly. Arrange the **roasted squash** and **kale** on your plates then top with the **venison**. Scatter over the remaining **hazelnuts** and **cheese**, then spoon the **redcurrant jus** all over. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Butternut Squash *	1 small	1 large	2 small
Echalion Shallots *	1	1	2
Thyme *	1 bunch	1 bunch	1 bunch
Hazelnuts 2)	1 bag	1 bag	2 bags
Panko Breadcrumbs 13)	25g	40g	50g
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs
Venison Leg Steak *	2	3	4
Dijon Mustard 9)	1 pot	1½ pots	2 pots
Kale *	1 small bag	¾ large bag	1 large bag
Rich Redcurrant Jelly	1 pot	1½ pots	2 pots
Water*	100ml	150ml	200ml

\*Not Included \* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 495G	PER 100G
Energy (KJ/kcal)	1877 / 449	379 / 91
Fat (g)	17	3
Sat. Fat (g)	5	1
Carbohydrate (g)	37	7
Sugars (g)	19	4
Protein (g)	38	8
Salt (g)	1.22	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

#### ALLERGENS

2) Nut 7) Milk 8) Egg 9) Mustard 13) Gluten

### PAIR THIS MEAL WITH

A full bodied red like a Merlot

**Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat!** Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

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The Fresh Farm  
60 Worship St, London EC2A 2EZ

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