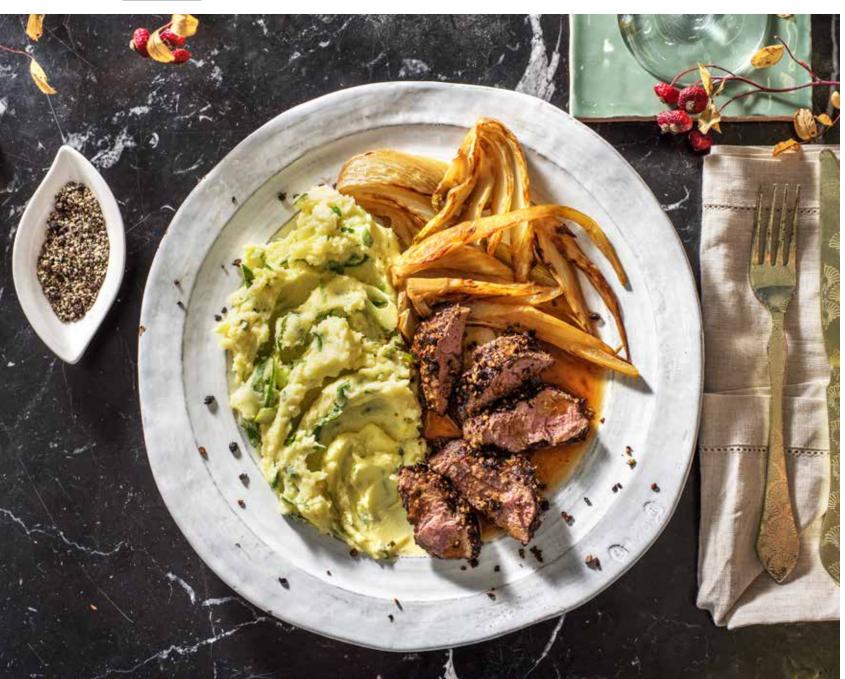


Pepper Crusted Venison

with Parsley Mash, Braised Fennel and Red Wine Jus

PREMIUM 35 Minutes • Little Heat • 1 of your 5 a day















Spring Onion



Flat Leaf Parsley





Black Peppercorns

Red Wine Stock Pot



Venison Leg Steak



Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools you will need:

Large Saucepan, Peeler, Large Frying Pan, Ovenproof Dish, Colander, some Foil, a Slotted Spoon and Potato Masher.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Fennel**	1	1½	2
Spring Onion**	2	3	4
Flat Leaf Parsley**	½ bunch	¾ bunch	1 bunch
Red Wine Stock Pot 14)	1 pot	1½ pots	2 pots
Black Peppercorns	1 pot	1½ pots	2 pots
Venison Leg Steak**	2	3	4
Butter 7) **	30g	45g	60g

^{*}Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	479g	100g
Energy (kJ/kcal)	1776 /425	371 /89
Fat (g)	15	3
Sat. Fat (g)	9	2
Carbohydrate (g)	47	10
Sugars (g)	5	1
Protein (g)	29	6
Salt (g)	2.08	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

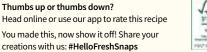
7) Milk 14) Sulphites

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Prep

Preheat your oven to 200°C. Bring a large saucepan of water up to the boil with ½ tsp of salt for the **potatoes**. Peel the **potatoes** and chop into 2cm chunks. Cut the **fennel** in half lengthways, remove the triangle root in the middle (see pic), then chop into roughly 2cm wide wedges.



2. Start the Fennel

Heat a drizzle of oil in a large frying pan on medium-high heat. When hot, add the fennel and season with salt and a pinch of sugar (if you have any) and fry, turning occasionally, until starting to brown all over, 4-5 mins. Meanwhile, boil your kettle, trim the ends from the spring onions and thinly slice. Roughly chop the parsley (stalks and all) and keep both to one side.



3. Braise the Fennel

When the **fennel** is browned, remove the pan from the heat. Transfer the **fennel** to an ovenproof dish. Add **half** the **red wine stock pot**. Pour in enough hot water to cover the fennel about halfway up. Use a fork to dissolve the stock pot, then pop in your oven to cook until soft, 15-20 mins. Meanwhile, add the **potato** to the boiling water and cook until you can easily slip a knife through them, 12-15 mins. Once cooked, drain in a colander then return to the pan off the heat.



4. Poivre Time

While the fennel and potatoes cook, finely crush the **peppercorns** in a pestle and mortar along with a good pinch of salt. TIP: If you don't have a pestle and mortar, put the peppercorns in a freezer bag and crush using the base of a saucepan. Tip the crushed pepper onto a plate then roll the venison steaks in it until coated all over, pressing the **pepper** into the **meat** to ensure it sticks. **IMPORTANT:** Wash your hands after handling raw meat.



5. Fry the Venison

Wipe out the pan from earlier and put on high heat with a drizzle of **oil**. When hot, lay in the **venison** and fry for 2-3 mins on each side - this will cook the **venison** to medium rare, cook for a couple of minutes longer if you prefer it medium. IMPORTANT: The venison is safe to eat when the outside is no *longer pink*. Remove to a plate and cover loosely with foil. Return the pan to medium heat. Use a slotted spoon to transfer the **fennel** to a bowl (cover with foil). Pour the **fennel liquid** into the frying pan along with a splash of water if you feel it needs it. Stir in the remaining **stock pot**, bring to the boil and bubble until thick and glossy, 2-3 mins.



6. Finish and Serve

While the sauce thickens, add the butter to the drained potato and mash until smooth. Season to taste with salt and pepper and then stir in the spring onions and parsley. Slice the venison steaks into 5 pieces. Serve the creamy potatoes on plates topped with the venison au poivre. Spoon the braised fennel all round, then finish with the red wine jus.

Enjoy!