

Pepper Crusted Venison & Dauphinoise Potatoes



with Green Beans and Apple, Pea Shoot & Walnut Salad

Premium

35-40 Minutes • 1 of your 5 a day







Potatoes





Green Beans



Creme Fraiche

Style Cheese





Walnuts



Pea Shoots

Before you start

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

Cooking tools

Saucepan, garlic press, colander, frying pan, ovenproof dish, bowl, lid, aluminum foil and rolling pin.

Ingredients

9			
Ingredients	2P	3P	4P
Venison Leg Steak**	2	3	4
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Green Beans**	80g	150g	150g
Apple**	1	1	2
Creme Fraiche** 7)	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	25g	40g	50g
Red Wine Vinegar 14)	1 sachet	2 sachets	2 sachets
Walnuts 2)	20g	40g	40g
Black Peppercorns	1 pot	1 pot	2 pots
Pea Shoots**	40g	60g	80g
Doubles :	2P	3P	4P
Pantry	25	OI	71
Reserved Potato Water*	75ml	100ml	150ml
Reserved Potato	-	-	

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

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	569g	100g
Energy (kJ/kcal)	2768 /662	487/116
Fat (g)	38.0	6.7
Sat. Fat (g)	14.7	2.6
Carbohydrate (g)	55.3	9.7
Sugars (g)	10.3	1.8
Protein (g)	37.2	6.5
Salt (g)	1.39	0.24

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

Alleraens

2) Nuts 7) Milk 8) Egg 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, 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.

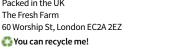
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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **steaks** from your fridge to allow them to come up to room temperature. Bring a large saucepan of water with ½ tsp salt to the boil.

Peel and slice the **potatoes** into 1cm thick rounds. Peel and grate the garlic (or use a garlic press).

Trim the **green beans**. Quarter, core and thinly slice the apple (no need to peel).



Cook the Potatoes

When your pan of water is boiling, add the potato slices and cook until you can easily slip a knife through, 8-12 mins.

Once cooked, reserve some of the potato cooking water (see ingredients for amount), then carefully drain in a colander.

Meanwhile, heat a drizzle of oil in a large frying pan on medium heat. Once hot, add half the garlic and cook until fragrant, 30 secs.

Add the creme fraiche, chicken stock paste, reserved potato water and half the cheese. Mix together, bring to the boil, then remove from the heat. Season to taste with salt and pepper.



Make your Dauphinoise

Lay the **cooked potato slices** in layers in an appropriately sized ovenproof dish, then pour over the creamy sauce. Sprinkle the remaining cheese on top.

Bake on the top shelf of your oven until golden brown and bubbly, 15-20 mins. TIP: Put the dish onto a baking tray to catch any drips.

Meanwhile, in a medium bowl, combine the red wine vinegar, walnuts and olive oil for the dressing (see ingredients for amount). Season with **salt** and **pepper**, then set the **dressing** aside.



Stir-Fry the Apple and Veg

Clean your frying pan and return to medium-high heat with a drizzle of oil.

Once hot, add the apple slices and stir-fry until softened, 5-6 mins. Once cooked, transfer to the bowl of dressing.

Pop the (now empty) pan back on mediumhigh heat. Add the green beans and stir-fry until starting to char, 2-3 mins.

Stir in the remaining **garlic**, then turn the heat down to medium and cook for 1 min. Add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins, then transfer to a small bowl and cover to keep warm.



Bring on the Steaks

Crush the **peppercorns** with a rolling pin. Sprinkle the steaks with salt and the cracked black **pepper**, ensuring they're well coated.

Return the (now empty) pan to medium-high heat with a drizzle of oil. Once hot, lay in the steaks and brown for 1 min on each side.

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.



Finish and Serve

Once the steaks are cooked, transfer to a board loosely covered with foil and allow to rest for a few mins before slicing widthways.

Serve the **steaks** on your plates with the dauphinoise and green beans alongside.

Toss the pea shoots in the apple and walnut dressing and serve alongside.

Enjou!