



Pepper Crusted Venison Steak & Dauphinoise Potatoes with Green Beans and Apple, Rocket & Walnut Salad

30

Premium 40 Minutes • 1 of your 5 a day



Venison Leg Steak



Potatoes



Garlic Clove



Green Beans



Apple



Creme Fraiche



Chicken Stock Paste



Grated Hard Italian Style Cheese



Apple Cider Vinegar



Walnuts



Cracked Black Pepper



Rocket

Before you start

Our fruit and veggies 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, lid and aluminium foil.

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
Reserved Potato Water*	75ml	100ml	150ml
Crème Fraîche** 7)	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	40g	40g	80g
Apple Cider Vinegar 14)	1 sachet	2 sachets	2 sachets
Walnuts 2)	20g	40g	40g
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Cracked Black Pepper	2 sachets	3 sachets	4 sachets
Rocket**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	578g	100g
Energy (kJ/kcal)	3096 /740	536 /128
Fat (g)	42	7
Sat. Fat (g)	20	4
Carbohydrate (g)	54	9
Sugars (g)	11	2
Protein (g)	39	7
Salt (g)	1.55	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 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.

Contact

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60 Worship St, London EC2A 2EZ

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Start the Prep

Preheat your oven to 200°C. 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 for the **potatoes**. Peel and slice the **potatoes** into 1 cm wide rounds. Peel and grate the **garlic** (or use a garlic press). Trim and grate the **green beans**. Quarter, core and thinly slice the **apple** (no need to peel).



Cook the Apple and Veg

Clean your frying pan and return to medium-high heat with a drizzle of **oil**. When 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 medium-high heat. Add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, turn the heat down to medium and cook for 1 min. Then 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. Once cooked, transfer the **beans** to a small bowl and cover to keep warm.



Cook the Potatoes

Once boiling, add the **potato slices** to the **water** and simmer until just tender, 8-12 mins. **TIP:** The *potatoes are cooked when you can easily slip a knife through them*. 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. Add **half the garlic** and cook until fragrant, 30 secs. Then add the **crème fraîche**, **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**.



Fry the Steaks

Sprinkle the **steaks** with **salt** and the **cracked black pepper**, ensuring they are well coated. Return the (now empty) pan to medium-high heat with a drizzle of **oil**. When hot, lay the **steaks** into the pan and brown for 1 min on all sides. 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*. Once cooked, rest the **steaks** on a board loosely covered with foil.



Make the Dauphinoise

Lay the **cooked potato slices** in layers in an appropriately sized ovenproof dish, then pour over the **creamy mixture**. 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, to make the **dressing** pop the **cider vinegar**, **walnuts** and **olive oil** (see ingredients for amount) into a medium bowl. Mix, season with **salt** and **pepper** then set aside.



Finish and Serve

Once rested, slice the **venison steaks** widthways and serve on plates with the **dauphinoise** and **green beans** alongside. Toss the **rocket** in the **apple and walnut dressing** and serve alongside.

Enjoy!