



Pepper Crusted Venison Steak & Red Wine Jus with Creamy Parsley Mash and Braised Fennel

29

Premium 40 Minutes • 1 of your 5 a day



Venison Leg Steak



Potatoes



Fennel



Spring Onion



Flat Leaf Parsley



Red Wine Stock Paste



Black Peppercorns



Unsalted Butter

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, frying pan, kettle, ovenproof dish, colander, rolling pin, aluminium foil, slotted spoon, bowl and potato masher.

Ingredients

	2P	3P	4P
Venison Leg Steak**	2	3	4
Potatoes**	450g	700g	900g
Fennel**	1	1½	2
Spring Onion**	2	3	4
Flat Leaf Parsley**	½ bunches	¾ bunches	1 bunch
Red Wine Stock Paste (14)	1 sachet	1½ sachets	2 sachets
Black Peppercorns	1 sachet	1 sachet	2 sachets
Unsalted Butter** (7)	30g	30g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	474g	100g
Energy (kJ/kcal)	1819/435	384/92
Fat (g)	15	3
Sat. Fat (g)	9	2
Carbohydrate (g)	50	11
Sugars (g)	9	2
Protein (g)	29	6
Salt (g)	1.92	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 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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Get Prepped

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** to the boil with **½ tsp 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, then chop into roughly 2cm wide wedges.



Pepper the Steaks

While the **fennel** and **potatoes** cook, crush the **peppercorns** in the unopened sachet using a rolling pin. Tip the **crushed peppercorns** onto a plate, then lay the **venison steaks** into it. Turn the **steaks** in the **pepper** until evenly coated, pressing down firmly to ensure it sticks. **TIP: Brush off some pepper if needed - it has some heat. IMPORTANT: Wash your hands and equipment after handling raw meat.** Wipe out the (now empty) fennel pan and put on high heat with a drizzle of **oil**.



Fry 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). Fry, turning occasionally, until starting to brown all over, 4-5 mins. Meanwhile, boil a full kettle. Trim and thinly slice the **spring onions**. Finely chop the **parsley** (stalks and all).



Cook the Venison

When hot, lay the **venison** into the pan and brown the **meat** 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: The venison is safe to eat when the outside is browned.** Once cooked, rest the **steaks** on a board loosely covered with foil, 10 mins. Use a slotted spoon to transfer the **fennel** to a bowl (cover with foil), then pour the **fennel liquid** into the (now empty) pan. Return to medium heat, stir in the remaining **red wine stock paste**, then bring to the boil. Simmer until thick and glossy, 2-3 mins. **TIP: Add a splash of water if you feel it needs it.**



Braise Time

When the **fennel** is browned, transfer it to an ovenproof dish. Add **half the red wine stock paste** and pour in enough **hot water** from your kettle to cover the **fennel** about halfway up. Use a fork to whisk in the **stock**. When the oven is hot, cook on the top shelf until the **fennel** is soft, 20-25 mins. Meanwhile, add the **potatoes** to the pan of **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.



Finish and Serve

While the **sauce** thickens, add the **butter** to the **cooked potatoes** and mash until smooth. Season to taste with **salt** and **pepper**, then stir through the **spring onions** and **parsley**. Slice the **venison steaks** into 5 pieces and plate up with the **mash** and **braised fennel** alongside. Spoon over the **red wine jus** to finish.

Enjoy!