



VENISON AU POIVRE

WITH BRAISED FENNEL AND A RED WINE JUS

SPECIALITY INGREDIENT



HELLO FENNEL

Commonly used in alcohol, fennel is one of absinthe's three main ingredients.



Potato



Fennel



Spring Onion



Flat Leaf Parsley



Red Wine Stock Pot



Black Peppercorns



Venison Leg Steaks



Unsalted Butter

'Au Poivre' is a cooking technique in which meat (in this case venison) is rolled and covered in pepper and then fried at a medium heat. This method retains the moisture in the meat, as well as coating the Venison with flavour meaning you'll want to savour every bite. If you've never cooked venison before, don't be put off – you cook it just as you would a beef steak (and don't forget to rest it!). For more information about our venison supplier, head over to our blog.

35 mins

5 of your a day

Little heat

MEAL BAG

13

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Peeler, Large Frying Pan, Ovenproof Dish, Colander**, some **Foil**, a **Slotted Spoon** and **Potato Masher**. Now, Let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C. Bring a large saucepan of water up to the boil with a pinch of salt for the potatoes. Peel the **potato** 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 BROWN THE FENNEL

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **fennel** along with a pinch of **salt** and **sugar** (if you have some) 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, then pop on the top shelf of your oven to cook until soft, 15-20 mins. Meanwhile, add the **potato** to the boiling water and braise until you can easily slip a knife through them, 10-12 mins. Drain in a colander then return to the pan, off the heat.



4 POIVRE TIME

While the **fennel** and **potato** cooks, 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 sandwich 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.



5 FRY THE VENISON

Wipe out the frying 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. Remove to a plate and cover loosely with foil. Return the pan to medium heat. Use a slotted spoon to transfer the **braised fennel** to a bowl (cover with foil), leaving the **liquid** behind and pour into the frying pan. 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 **jus** thickens, mash the **potato** along with the **butter** until smooth. Season to taste with **salt** and **pepper** and then stir in the **spring onion** 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!**

2 - 4 PEOPLE INGREDIENTS

In order of use

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

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 479G	PER 100G
Energy (kcal)	440	92
(kJ)	1839	384
Fat (g)	14.54	3
Sat. Fat (g)	9	2
Carbohydrate (g)	51	11
Sugars (g)	8	2
Protein (g)	28	6
Salt (g)	0.38	0.08

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 14) Sulphites

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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