



# VENISON STEAK

WITH ROASTED CELERIAC AND A MUSHROOM STROGANOFF SAUCE

SPECIALITY INGREDIENT



## HELLO CELERIAC

Celeriac is a root vegetable that belongs to the carrot family.



Celeriac



Rosemary



Chestnut Mushroom



Echalion Shallot



Garlic Clove



Flat Leaf Parsley



Smoked Paprika



Venison Leg Steaks



Crème Fraîche

Chef Andre's premium venison recipe is perfect for adding a little bit of low-key luxury to your weekly menu. Lean, rich and mildly gamey, our premium venison cuts come from leg steaks which mean they are really juicy and packed with flavour. If you've never given this delicious cut of meat a go, don't be put off – you cook venison just as you would a steak (so don't forget to rest it!). To learn more about our venison supplier, head to our blog: <https://blog.hellofresh.co.uk/>

35 mins

2 of your 5 a day

MEAL BAG

13

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Peeler**, some **Baking Paper**, a **Baking Tray**, **Fine Grater** (or **Garlic Press**), two **Frying Pans**, a **Measuring Jug** and some **Foil**. Now, let's get cooking!



## 1 ROAST THE CELERIAC

Preheat your oven to 200°C. Peel, halve and chop the **celeriac** into 2cm chunks. Pick the **leaves** from the **rosemary** and finely chop (discard the **stalks**). Place the **celeriac** in one even layer on a lined baking tray. Drizzle on a splash of **oil** and season with **salt**, **pepper** and **half** the **rosemary**. Use your hands to rub the flavourings onto the **celeriac**. Roast on the top shelf of your oven until soft and golden, 25-30 mins. Turn halfway through cooking.



## 4 COOK THE VENISON

Meanwhile, heat another frying pan over medium-high heat. Pop the **venison steaks** on a plate and season with **salt**, **pepper** and the remaining **rosemary**. Drizzle on a splash of **oil** and rub the **seasonings** into the **meat**. When the pan is hot, brown the **venison** for 1 minute on both sides. Lower the heat slightly and cook for another 2 mins 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.



## 2 DO THE PREP

Roughly chop the **mushrooms**. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **flat leaf parsley** (stalks and all).



## 5 FINISH OFF

Once the venison is cooked, wrap loosely in foil and leave to rest for 3 mins. Meanwhile, return the **mushroom** pan to low heat and stir in the **crème fraîche**. Heat until piping hot and then season to taste with **salt** and **pepper**. Finish the **sauce** by stirring in **half** the **parsley**. Get ready to serve.



## 3 START THE SAUCE

Heat a splash of **oil** in a frying pan on high heat. When the **oil** is hot, add the **mushrooms** and stir-fry until browned, 5 mins. When browned, lower the heat to medium and add the **shallot**. Cook until the **shallot** has softened, 3 mins, then add the **smoked paprika** and **garlic**. Cook for 1 minute more, and add the **water** (see ingredients for amount). Bring to the boil, season with **salt** and **pepper** and remove from the heat.



## 6 SERVE

Remove the **celeriac** from the oven and share between your plates. Slice the **venison steaks** thinly and arrange on top of the **celeriac**. Stir any resting **juices** into the **sauce**. Spoon the **mushroom sauce** around your plate and finish with a sprinkling of remaining **parsley**. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Celeriac 10) *	1	1½	2
Rosemary *	2 sprigs	3 sprigs	4 sprigs
Chestnut Mushroom *	1 small punnet	1 large punnet	1 large punnet
Echalion Shallot *	1	1	2
Garlic Clove *	1	1	2
Flat Leaf Parsley *	½ bunch	1 bunch	1 bunch
Smoked Paprika	½ sachet	1 sachet	1 sachet
Water*	75ml	100ml	150ml
Venison Leg Steaks *	2	3	4
Crème Fraîche 7) *	100g	150g	200g

\*Not Included  
\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 684G	PER 100G
Energy (kcal)	352	51
(kJ)	1471	215
Fat (g)	18	3
Sat. Fat (g)	8	1
Carbohydrate (g)	14	2
Sugars (g)	10	1
Protein (g)	30	4
Salt (g)	1.63	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

7) Milk 10) Celery

## PAIR THIS MEAL WITH

A full bodied red like a Pinot Noir

🧼 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.

ENJOYING OUR PREMIUM RECIPES? Or if you just have feedback in general, please get in touch via: [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)



You made this, now show it off! Share your creations with us:

📷 🐦 📘 📺 #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm  
60 Worship St, London EC2A 2EZ

♻️ YOU CAN RECYCLE ME!

🌱 HelloFRESH