



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 and is very nutritious with a high vitamin content.



Celeriac



Rosemary



Portobello Mushroom



Echalion Shallot



Garlic Clove



Flat Leaf Parsley



Smoked Paprika



Venison Leg Steaks



Crème Fraîche

MEAL BAG

35 mins

...of your 5 a day

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	1	1½	2
Rosemary	2 sprigs	3 sprigs	4 sprigs
Portobello 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)	1 small pouch	1 medium pouch	1 large pouch

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 722G	PER 100G
Energy (kcal)	272	38
(kJ)	1136	157
Fat (g)	17	2
Sat. Fat (g)	8	1
Carbohydrate (g)	9	1
Sugars (g)	6	1
Protein (g)	28	4
Salt (g)	0.78	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

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.

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HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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