



# Venison Steaks and Rosemary Garlic Wedges with Creamed Spinach and Rainbow Carrots

**Premium** 60 Minutes • 1 of your 5 a day

30



-  Potatoes
-  Mixed Chantenay Carrots
-  Rosemary
-  Echalion Shallot
-  Garlic Clove
-  Garlic Salt
-  Baby Spinach
-  Creme Fraiche
-  Venison Leg Steak
-  Chicken Stock Paste
-  Black Peppercorns

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Baking Tray, Frying Pan, Saucepan, Colander and Garlic Press.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Mixed Chantenay Carrots**	150g	225g	300g
Rosemary	1 bunch	1 bunch	1 bunch
Echalion Shallot**	1	1	2
Garlic Clove**	2	3	4
Plain Flour*	16g	16g	32g
Garlic Salt	1 pot	1 pot	2 pots
Baby Spinach**	100g	150g	200g
Creme Fraiche** 7)	150g	225g	300g
Venison Leg Steak**	2	3	4
Water*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Black Peppercorns	1 sachet	1 sachet	2 sachets

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	646g	100g
Energy (kJ/kcal)	2307 / 552	357 / 85
Fat (g)	25	4
Sat. Fat (g)	12	2
Carbohydrate (g)	59	9
Sugars (g)	6	1
Protein (g)	35	5
Salt (g)	1.82	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Start the Potatoes

Preheat your oven to 220°C. Pour a glug of **oil** onto a baking tray and pop into your oven. **TIP: Hot oil = crispy potatoes.** Bring a large saucepan of **water** to the boil on high heat with  $\frac{1}{2}$   **tsp salt**. Chop the **potatoes** into 2cm wide wedges (no need to peel). Add the **potatoes** to the **boiling water** and cook, 5-6 mins, or until the edges have softened when you poke them with a knife.



## Spinach Time

Clean the **potato** pan and pop back on medium heat with a drizzle of **oil**. Add the **shallot** and fry until soft, 4-5 mins. Add the **spinach** and **garlic**, then season with **salt** and **pepper**. Stir together and cook until wilted, 1-2 mins. Add **half** the **creme fraiche** to the **spinach** and cook until piping hot. Taste and season if needed, then remove from the heat.



## Finish the Prep

Meanwhile, trim and halve the **carrots** lengthways. Pop onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread them out in a single layer then set aside. Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).



## Cook the Venison

Heat a drizzle of **oil** in a large frying pan over medium-high heat. Season the **venison steaks** with **salt**, **pepper** and the remaining **rosemary**. 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: Wash your hands after handling raw meat. The venison is safe to eat when the outside is browned.** Once ready, remove from the pan and rest the **steaks** on a board loosely covered with foil.



## Roast the Potatoes

Once the **potatoes** are ready, drain in a colander, then pop back in the pan. Sprinkle on the **garlic salt**, **flour** (see ingredients for amount) and **three quarters** of the **rosemary**. Give your pan a shake to fluff up the **potato**. Take your hot baking tray out of your oven and carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Season with **salt**, then roast the **wedges** on the top shelf of your oven until golden, 30-40 mins, turning halfway through. Add the **carrots** to the middle shelf of the oven 10-15 mins into the cooking time to roast until tender, 20-25 mins.



## Finish & Serve

Pop your (now empty) frying pan back on medium heat. Add the **water** (see ingredients for amount), **chicken stock paste** and **crushed peppercorns**. Allow to reduce until thickened, 2-3 mins. Stir in the remaining **creme fraiche**, then take off the heat. Serve the **venison** with the **rosemary garlic wedges**, **carrots** and **spinach** alongside. Drizzle over the **sauce**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.