



Venison Steaks and Creamy Peppercorn Sauce with Rosemary Wedges, Chantenay Carrots and Creamed Spinach

29

Premium 55-60 Minutes • 1 of your 5 a day



Venison Leg Steak



Potatoes



Chantenay Carrot



Rosemary



Echalion Shallot



Garlic Clove



Black Peppercorns



Garlic Salt



Baby Spinach



Creme Fraiche



Chicken Stock



Paste

Pantry Items
Plain Flour

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, garlic press, rolling pin, colander, lid, frying pan and aluminium foil.

Ingredients

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

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	645g	100g
Energy (kJ/kcal)	2549 /609	395 /94
Fat (g)	27.2	4.2
Sat. Fat (g)	15.8	2.5
Carbohydrate (g)	59.1	9.2
Sugars (g)	11.2	1.7
Protein (g)	34.5	5.4
Salt (g)	1.55	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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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Start the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9. Remove the **steaks** from your fridge to allow them to come up to room temperature.

Pour enough **oil** into a baking tray to cover the bottom and pop into the oven. Bring a large saucepan of **water** to the boil on high heat with **½ tsp salt**.

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Add the **potatoes** to the **boiling water** and cook for 5-6 mins or until the edges are soft.



Spinach Time

Clean the **potato** pan and pop back on medium heat with a drizzle of **oil**. Once hot, 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. Stir through **half the creme fraiche** and cook until piping hot, 1-2 mins. Taste and season if needed, then remove from the heat. Cover with a lid to keep warm.



Finish the Prep

Meanwhile, trim and halve the **carrots** lengthways. Pop onto another baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread 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).

Crush the **peppercorns** with a rolling pin.



Cook the Venison

Heat a drizzle of **oil** in a large frying pan on 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 both 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 and equipment after handling raw meat. The venison is safe to eat when the outside is browned.

Once ready, transfer the **steaks** to a board and allow to rest, loosely covered with foil.



Roast your Wedges

Once the **potatoes** are ready, drain in a colander, then pop back into the pan.

Sprinkle on the **garlic salt**, **flour** (see ingredients for amount) and **three quarters** of the **rosemary**. Shake to fluff up the **potatoes**, then carefully add them to the hot baking tray, turning in the **oil**.

Season with **salt**, then roast on the top shelf until golden, 30-40 mins.

After 10-15 mins, add the **carrots** to the middle shelf of the oven to roast until tender, 20-25 mins. Turn the **wedges** and **carrots** halfway through.



Finish and Serve

Pop your (now empty) frying pan back on medium heat. Add the **water for the sauce** (see ingredients for amount), **chicken stock paste** and **crushed peppercorns** to the pan.

Stir together, then allow to reduce until thickened, 2-3 mins. Stir in the remaining **creme fraiche**, then remove from the heat.

Thinly slice the **venison** widthways and serve with the **rosemary wedges**, **carrots** and **creamed spinach** alongside. Spoon over the **peppercorn sauce** to finish.

Enjoy!