



# Venison and Truffle Mushroom Sauce with Garlicky Cabbage and Mash

Premium 35 Minutes • 2 of your 5 a day

Nº 28



Potato



Garlic Clove



Sweetheart  
Cabbage



Spring Onion



Venison Leg  
Steak



Sliced  
Mushrooms



Chicken Stock  
Paste



Soured Cream



Truffle Powder

## Before you start

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

## Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Peeler, Garlic Press, Frying Pan and Potato Masher.

## Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Garlic Clove	3	4	6
Sweetheart Cabbage**	1	1	2
Spring Onion**	1	2	2
Venison Leg Steak**	2	3	4
Sliced Mushrooms**	120g	180g	240g
Water for the Sauce*	75ml	100ml	150ml
Chicken Stock Paste	10g	15g	20g
Soured Cream 7)**	75g	120g	150g
Truffle Powder	1 sachet	2 sachets	2 sachets

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>764g</b>	<b>100g</b>
Energy (kJ/kcal)	2004 /479	262 /63
Fat (g)	10	1
Sat. Fat (g)	5	1
Carbohydrate (g)	55	7
Sugars (g)	15	2
Protein (g)	38	5
Salt (g)	1.29	0.17

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

### Thumbs up or thumbs down?

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## Get Prepped

Put a large saucepan of **water** with ½ tsp **salt** on to boil for the **potatoes**. Peel and chop the **potatoes** into 2cm chunks. Peel 1 **garlic clove** per person and set aside, peel and grate the remaining **garlic** (or use a garlic press). Halve the **cabbage** lengthways, cut out and discard the tough core, then finely slice. Trim and thinly slice the **spring onion**.



## Mash

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper** and stir through half the **spring onion**. Cover with a lid to keep warm.



## Boil the Potatoes

Once boiling, add the **potatoes** and the whole **garlic cloves** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Meanwhile, heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **cabbage** and season with **salt** and **pepper**. Fry until softened and slightly charred, 4-5 mins. Only stir 2-3 times during this time to allow it to colour nicely. Add the **grated garlic** and cook for 1 minute, remove the pan from the heat.



## Make the Sauce

Once the **venison** is out of the pan and resting, pop your pan back on medium-high heat, add a drizzle of **oil** if needed. Add the **mushrooms** and stir-fry until golden, 3-4 mins. Add the **water** (see ingredients for amount) and **chicken stock paste**. Bring to the boil and simmer until reduced by half, 1-2 mins. Stir in the **soured cream**, bring to the boil, then remove from the heat. Taste and season with **salt** and **pepper** if needed.



## Fry the Venison

Meanwhile, heat a frying pan over medium-high heat. Season the **venison steaks** with **salt** and **pepper**. Drizzle on a splash of **oil** and rub over the **meat**. When the pan is hot, brown the **meat** for 1 min on all sides. Lower the heat slightly and cook for another 2-3 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.* **IMPORTANT:** *Wash your hands after handling raw meat.* **IMPORTANT:** *The venison is safe to eat when the outside is browned. Once cooked, rest the steaks on a board loosely covered with foil (don't wash your pan).*



## Finish Off

Add the **truffle zest** to the pan with the creamy **mushrooms** and stir to combine. Reheat the **cabbage** and **mash** if necessary. Thinly slice the **venison** and pop on a plate, add any resting **juices** to the **sauce** with a splash of **water** if the **sauce** is a little thick and reheat until piping hot. Serve with the **mash** and **cabbage** alongside and the **mushroom sauce** spooned over. Sprinkle over the remaining **spring onion**.

## 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.