



Pepper Crusted Venison

with Parsley Mash, Braised Fennel and Red Wine Jus

N° 13

PREMIUM 35 Minutes • Little Heat • 1 of your 5 a day



Potato



Fennel



Spring Onion



Flat Leaf Parsley



Red Wine Stock Pot



Black Peppercorns



Venison Leg Steak



Butter

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Peeler, Large Frying Pan, Ovenproof Dish, Colander, some Foil, a Slotted Spoon and Potato Masher.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Fennel**	1	1½	2
Spring Onion**	2	3	4
Flat Leaf Parsley**	½ bunch	¾ bunch	1 bunch
Red Wine Stock Pot (14)	1 pot	1½ pots	2 pots
Black Peppercorns	1 pot	1½ pots	2 pots
Venison Leg Steak**	2	3	4
Butter (7)**	30g	45g	60g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	479g	100g
Energy (kJ/kcal)	1776 /425	371 /89
Fat (g)	15	3
Sat. Fat (g)	9	2
Carbohydrate (g)	47	10
Sugars (g)	5	1
Protein (g)	29	6
Salt (g)	2.08	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Packed in the UK



1. Prep

Preheat your oven to 200°C. Bring a large saucepan of **water** up to the boil with ½ tsp of **salt** for the **potatoes**. Peel the **potatoes** and chop into 2cm chunks. Cut the **fennel** in half lengthways, remove the triangle root in the middle (see pic), then chop into roughly 2cm wide wedges.



4. Poivre Time

While the fennel and potatoes cook, finely crush the **peppercorns** in a pestle and mortar along with a good pinch of salt. **TIP: If you don't have a pestle and mortar, put the peppercorns in a freezer bag and crush using the base of a saucepan.** Tip the **crushed pepper** onto a plate then roll the **venison steaks** in it until coated all over, pressing the **pepper** into the **meat** to ensure it sticks. **IMPORTANT: Wash your hands after handling raw meat.**



2. Start the Fennel

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **fennel** and season with **salt** and a pinch of **sugar** (if you have any) and fry, turning occasionally, until starting to brown all over, 4-5 mins. Meanwhile, boil your kettle, trim the ends from the **spring onions** and thinly slice. Roughly chop the **parsley** (stalks and all) and keep both to one side.



5. Fry the Venison

Wipe out the pan from earlier and put on high heat with a drizzle of **oil**. When hot, lay in the **venison** and fry for 2-3 mins on each side - this will cook the **venison** to medium rare, cook for a couple of minutes longer if you prefer it medium. **IMPORTANT: The venison is safe to eat when the outside is no longer pink.** Remove to a plate and cover loosely with foil. Return the pan to medium heat. Use a slotted spoon to transfer the **fennel** to a bowl (cover with foil). Pour the **fennel liquid** into the frying pan along with a splash of **water** if you feel it needs it. Stir in the remaining **stock pot**, bring to the boil and bubble until thick and glossy, 2-3 mins.



3. Braise the Fennel

When the **fennel** is browned, remove the pan from the heat. Transfer the **fennel** to an ovenproof dish. Add **half the red wine stock pot**. Pour in enough **hot water** to cover the **fennel** about halfway up. Use a fork to dissolve the **stock pot**, then pop in your oven to cook until soft, 15-20 mins. Meanwhile, add the **potato** to the boiling **water** and cook until you can easily slip a knife through them, 12-15 mins. Once cooked, drain in a colander then return to the pan off the heat.



6. Finish and Serve

While the **sauce** thickens, add the **butter** to the **drained potato** and mash until smooth. Season to taste with **salt** and **pepper** and then stir in the **spring onions** and **parsley**. Slice the **venison steaks** into 5 pieces. Serve the **creamy potatoes** on plates topped with the **venison au poivre**. Spoon the **braised fennel** all round, then finish with the **red wine jus**.

Enjoy!