



Venison Bourguignon with Roasted Garlic Mash

Premium 45 Minutes

28



Potatoes



Garlic Clove



Shallot



Bacon Lardons



Sliced Mushrooms



Flour



Red Wine Stock Paste



Venison Leg Steak

Before you start

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

Cooking tools, you will need:

Saucepan, Chopping Board, Sharp Knife, Baking Tray, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Clove**	4 cloves	6 cloves	8 cloves
Shallot**	1	2	2
Bacon Lardons**	60g	90g	120g
Sliced Mushrooms**	120g	180g	240g
Flour 13)	8g	12g	16g
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	150ml	225ml	300ml
Venison Leg Steaks**	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	493g	100g
Energy (kJ/kcal)	1748 /418	355 /85
Fat (g)	8	2
Sat. Fat (g)	3	1
Carbohydrate (g)	52	11
Sugars (g)	6	1
Protein (g)	35	7
Salt (g)	2.73	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

13) Gluten **14)** Sulphites

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, Soy, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Mash it Real Good

Preheat your oven to 200°C. Put a large saucepan of **water** with ½ tsp **salt** on to boil for the **potatoes**. Peel and chop the **potatoes** into 2cm chunks. When boiling add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Peel the **garlic clove(s)**, pop into foil with a drizzle of **oil**, then scrunch to enclose it. Place on a baking tray and leave to one side.



Make the Sauce

Heat a drizzle of **oil** in a medium saucepan on medium-high heat, when hot add the **bacon lardons** and stir-fry until golden brown, 3-4 mins. Carefully remove the **lardons** from the pan. Add the sliced **mushrooms** and **plain flour** and cook stirring frequently until golden, 3-4 mins. Add the **red wine stock paste** and **water** (see ingredients for amount). Bring to the boil, stirring to dissolve the **stock paste**. Simmer for 8-10 minutes. **TIP:** Add a splash of water if the sauce looks too thick.



Prep

While the **potatoes** cook, peel and halve the **shallot**. Pop it on the same baking tray as the **garlic**, cut-side up. Drizzle over some **oil** and season with **salt** and **pepper**. Roast the **garlic** in your oven until soft, 10-12 mins. Leave the **shallot** to cook for a further 2-3 mins until golden and tender. Allow the **garlic** to cool before mashing it with a knife or fork.



Fry the Venison

Once the **sauce** is cooked, heat a frying pan over medium-high heat. Pop the **venison steaks** on a plate and season with **salt** and **pepper**. Drizzle on a splash of **oil** and rub the **seasonings** over the **meat**. When the pan is hot, brown the **meat** for a 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. **IMPORTANT:** The steak is safe to eat when the outside is brown.



Finish the Mash

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



Time to Serve

Pop the **venison** onto a chopping board loosely covered in foil and allow to rest for 5 minutes. Pour any resting **juices** into your **sauce** and reheat until piping hot. Slice the **venison** thinly widthways. Share the **mash** between your plates. Pop the **venison** alongside and pour over the **red wine** and **mushroom sauce**. Sprinkle over the **bacon lardons** and pop the roasted **shallot half** on top of the **mash**.

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.