

Venison steaks, sautéed leeks and mash

Ingredients – Serves 2

- 2 x 150g venison steaks
- 6-8 small baby white potatoes
- 1 teaspoon coconut oil
- 120g chestnut mushrooms
- 1/2 beef stock cube
- 1 leek
- 2 garlic cloves
- 2 tbsp tomato puree
- 2 tsp cornflour
- 40g spinach
- Medium handful of fresh rosemary



Method:

1. Boil a kettle. Crush or finely chop the garlic. Thinly slice the mushrooms. Thinly slice the leek, removing the root end. Roughly chop the baby potatoes into 2cm pieces. Finely chop the rosemary leaves.
2. Place the potatoes in a large saucepan. Cover with boiling water and simmer for 15-20 mins until softened.
3. Heat a frying pan with the oil on a medium heat and cook the leeks and half of the garlic for 7 mins until turning golden and softening. Remove from the pan and keep warm. Meanwhile, dissolve half the beef stock in 100ml boiling water. In a bowl mix 1 tbsp cold water with the cornflour.
4. Season the venison steaks. Preheat the same frying pan on a medium-high heat, heat 1/2 tbsp oil and cook the venison for 4-5 mins each side until golden brown and cooked to your liking. Remove the steaks from the pan, cover and leave to rest while you make the sauce.
5. Drain the potatoes, and crush with the back of a fork or a potato masher. Season with sea salt and black pepper and stir in the leeks and cover to keep warm.

6. Heat the same pan with 1/2 tbsp oil on a medium-high heat and cook the mushrooms, rosemary and remaining garlic for 3 mins. Add the beef stock, tomato puree, cornflour, spinach and add any juices released from the rested venison into the sauce pan and simmer for 3 mins until the sauce has thickened.

7. Thinly slice the venison steaks. Spoon the leek mash onto two warm plates alongside the sliced venison, top with the rosemary mushroom sauce.

Recipe for two people, halve the ingredients for one person