

Pan seared venison with beetroot, roasted potatoes, walnuts, broccoli & tarragon



Method

1. First job is to cut the potatoes for roasting, place in a pan and fry until coloured, pop into the oven until cooked.
2. Heat non-stick pan, rub a touch of oil salt and pepper onto venison, add to pan and seal well all over.
3. Reduce the heat and add the butter and a little splash of balsamic. Keep the venison moving in the pan and baste with the hot butter and balsamic.
4. After a few minutes the venison will start to firm up. Turn off the heat and allow the meat to rest.
5. Meanwhile cut each beetroot into 6 or 8 wedges, cut the blanched broccoli into little florets, fry and keep the natural shape of the vegetable.
6. In a small bowl add the oil, balsamic and add some salt and pepper, next add the beetroot and broccoli.
7. The next thing to do is add the chopped tarragon, walnuts and mixed leaves.
8. Taste the salad for seasoning.
9. Carefully arrange the salad onto your plates or bowls.
10. Slice the venison and arrange into the salad.

Code	Qty	Units	Description
F127425	350	g	Venison loin (trimmed and cut into 4)
C450343	50	g	Mixed salad leaves
C124177	1	ea	Beetroot
C10213	1	ea	Broccoli
C10327	4 large	ea	Potatoes
A2926	50	g	Walnuts chopped
A86027	10	ml	Balsamic
C74088	25	g	Butter unsalted
C113878	3	Sprig	Tarragon chopped
C118090	40	ml	Supernature Oils cold pressed rapeseed oil Salt/Pepper



Here's to good

health