

VENISON BEEF WITH MUSHROOMS AND PARSNIP PUREE

4 persons / 587 kcal per person

Ingredients:

- 400 grams of parsnips
- 600 grams of mashed potatoes
- 7½ grams of fresh thyme
- 1 onion
- 50 grams of unsalted butter
- 4 venison steaks (at room temperature)
- 125 ml fresh whipped cream
- 150 grams of oyster mushrooms
- 100 grams of shiitakes
- 300 grams of misfits chestnut mushrooms
- pepper and salt



Preparation:

Peel the parsnips and cut into 2 cm pieces. Boil the potatoes with the parsnip for 20 minutes in water with salt if necessary. Meanwhile, remove the leaves from the thyme sprigs. Cut the onion into thin rings and the mushrooms into pieces. Heat half of the butter in a frying pan and fry the onion for 3 minutes on low heat. Add the mushrooms and fry over a high heat for 8 minutes. Season with pepper and salt if desired. In the meantime, sprinkle the venison steaks with salt and pepper. Heat the rest of the butter in a large frying pan and fry the steaks on high heat for 4 minutes. Turn halfway through. Let the steaks rest on a warm plate under aluminum foil for 5 minutes. Drain the parsnips and potatoes. Add the thyme and cream and mash. Season with pepper. Serve the steaks with the mushrooms and parsnip puree.

Nutritional value per person:

Energy:	587 kcal
Protein:	37.5 grams
Carbohydrates:	48.8 grams
- including sugars:	11.5 grams
Fat:	21.0 grams
Fiber:	9.9 grams
Salt:	1.3 grams