






Cooking Made Easy

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Duck Steaks with Spiced Chickpeas, Sweet Potatoes & Lemony Yoghurt

Ras-el-Hanout is a delicious spice used across the Middle East and North Africa. The name means “head of the shop” in Arabic, and basically refers to a mixture of the best spices a seller has to offer. In this recipe we’ve used our lovely friends at Seasoned Pioneers’ blend, to give our chickpeas and sweet potatoes a bit of a kick!



35 min



healthy



gluten free



spicy



Duck Steaks



Sweet Potato



Garlic Clove



Chickpeas



Ras-el-Hanout



Baby Spinach



Natural Yoghurt



Lemon



Tomato Purée

Ingredients

	2P	4P
Duck Steaks	2	4
Sweet Potato, chopped	1	2
Garlic Clove, chopped	1	2
Chickpeas	1 tin	2 tins
Ras-el-Hanout	½ tbsp	1 tbsp
Baby Spinach	2 handfuls	4 handfuls
Natural Yoghurt 1	4 tbsp	8 tbsp
Lemon	½	1
Tomato Purée 2	1 tbsp	2 tbsp

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk | 2) Sulphites

Nutrition per serving: Calories: 439 kcal | Protein: 28 g | Carbs: 74 g | Fat: 8 g | Saturated Fat: 2 g



1

1 Pre-heat your oven to 180 degrees and get your duck out of the fridge so it comes up to room temperature. Chop your sweet potato into 3cm pieces (no need to peel!). Peel and finely chop your garlic and drain and rinse your chickpeas in a sieve.



3

2 Put your chickpeas in a bowl with 2 tbsp olive oil, your ras-el-hanout, your chopped garlic, ¼ tsp salt and a good grind of pepper and give it all a good stir so the chickpeas have a good coating.



5

3 Pop your sweet potatoes and your chickpeas on a baking tray, give them a mix and put them in the oven for 30 mins until the sweet potatoes are tender and the chickpeas are golden. 5 mins before the end of cooking, add your spinach to the roasting tin, sprinkle 1 tbsp water over and cover with tin foil (if you have any). Pop it back in the oven for 5 mins.



6

4 In the meantime, put your yoghurt in a bowl with the juice of half your lemon and mix. Put aside for later on.

5 About 12 mins before your sweet potatoes and chickpeas are cooked, season your duck steaks

with ¼ tsp salt and a good grind of pepper. Put your frying pan on a medium heat and add 1 tbsp of oil. Pop your duck steaks in the pan and cook for 3 mins on each side. **Tip:** *We Like our duck a little pink but if you like it a little more well done leave it in for 1 or 2 mins more on each side.*

6 Take the duck steaks off the heat, put them on your board and let them rest for 5 mins. While the duck is resting put your tomato purée in a bowl with 3 tbsp water and 1 tbsp of your yoghurt/lemon mixture and give it a good stir.

7 When the sweet potatoes, chickpeas and spinach are ready, take your baking tray out of the oven, pour your tomato mixture over the top and stir until everything is nicely combined. Your duck should be well rested by now, slice it into 2cm slices and serve it on top of your chickpea/sweet potato/spinach mixture with your remaining lemony yoghurt drizzled over the top. Enjoy!