



Hoisin Glazed Duck Breast

with Pak Choi, Pickled Carrot and Jasmine Rice

30

Premium 35-40 Minutes • 1 of your 5 a day



Duck Breasts



Jasmine Rice



Carrot



Rice Vinegar



Pak Choi



Garlic Clove



Salted Peanuts



Hoisin Sauce

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Frying pan, saucepan, lid, baking tray, peeler, bowl, garlic press and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Duck Breasts**	2	3	4
Jasmine Rice	150g	225g	300g
Carrot**	1	1½	2
Rice Vinegar	15ml	22ml	30ml
Pak Choi**	1	1½	2
Garlic Clove**	1	2	2
Salted Peanuts 1)	25g	40g	50g
Hoisin Sauce 11)	64g	96g	128g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3092 /739	541 /129
Fat (g)	19.2	3.4
Sat. Fat (g)	4.8	0.8
Carbohydrate (g)	82.2	14.4
Sugars (g)	18.0	3.2
Protein (g)	59.1	10.3
Salt (g)	2.87	0.50

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **11)** Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Time to Fry

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pop a large frying pan on medium-high heat (no oil).

Once hot, lay the **duck** in the pan, skin-side down, and fry until the skin is golden, 6-8 mins.

Flip, then sear the other side for 1 min more.

IMPORTANT: Wash your hands and equipment after handling raw duck and its packaging.



Finish the Prep

Meanwhile, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

In a medium bowl, combine the **rice vinegar** and **sugar for the pickle** (see pantry for amount). Add the **carrot ribbons** and toss through the **pickling liquid**. Set aside.

Trim the **pak choy**, then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press).

Crush the **peanuts** in the unopened sachet using a rolling pin.



Cook the Rice

Meanwhile, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Stir-Fry the Pak Choi

When the **duck** is resting, wipe out the frying pan and return to high heat with a drizzle of **oil**.

Once hot, add the **pak choy** and stir-fry for 2-3 mins, then add the **garlic** and cook for 1 min more. Transfer the **pak choy** to a plate, then reduce the heat to medium.

Add the **hoisin sauce** to the pan. Simmer until piping hot, 1-2 mins.

Remove from the heat, then return the **rested duck** to the pan and coat it in the **glaze**.



Roast the Duck

Once golden, transfer the **duck** to a baking tray, skin-side up, and season with **salt** and **pepper**. Roast on the top shelf of your oven until cooked, 16-18 mins.

Once cooked, transfer to a plate and rest for 5 mins.

IMPORTANT: The duck is fully cooked when no longer pink in the middle.



Finish and Serve

Fluff up the **rice** with a fork, then share between your plates. Top with the **pak choy** and **pickled carrot ribbons**.

Slice the **glazed duck** widthways into 1cm thick slices and serve alongside with the remaining **glaze** from the pan drizzled over.

Scatter over the **peanuts** to finish.

Enjoy!