



More Than Food
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Surprisingly Simple Roasted Duck with Spiced Lentils and Caramelised Apples

When we first started HelloFresh, we used to get all sorts of emails from people saying that they were 'scared' of fish. Whether Steven Spielberg related, or something to do with it welding to their frying pan, we soon knocked their phobia into touch with a few easy recipes. Next on our scary-food-hitlist is duck - far more simple than you might believe! Our tip here is to leave the duck out of the fridge for 30 mins before you cook it, so it cooks evenly.

30 mins

gluten free

lactose free

spicy

healthy



Red Chilli (1 tbsp)



Carrot (1)



Gala Apple (1)



Echalion Shallot (1)



Spring Greens (½ bag)



Duck Breast (2)



Organic Lentils (1 tin)



Vegetable Stock Pot (½)



Water (75ml)




Flat Leaf Parsley (½ bunch)

2 PEOPLE INGREDIENTS

- Red Chilli, chopped
- Carrot, chopped
- Gala Apple, chopped
- Echalion Shallot, chopped
- Spring Greens, sliced

1 **tbsp**
1
1
1
½ **bag**

- Duck Breast
 - Organic Lentils
 - Vegetable Stock Pot
 - Water
 - Flat Leaf Parsley, chopped
- 2
1 **tin**
½
75ml
½ **bunch**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Lentils are particularly rich in lean protein, fibre, iron and folate - so much goodness!

Allergens: Celery, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	436 kcal / 1805 kJ	11 g	2 g	45 g	21 g	40 g	4 g
Per 100g	84 kcal / 348 kJ	2 g	0 g	9 g	4 g	8 g	1 g

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

1



1 Finely chop the **red chilli**. Peel and very, very finely chop the **carrot** (into ½cm cubes if your skills allow!). Peel and core the **apple** before chopping into 1cm cubes. Peel and finely chop the **shallot**. Cut the **spring green** leaves into roughly 1cm slices, discard the tough root.

3



2 Melt a knob of **butter** (if you have some) in a non-stick frying pan on medium-low heat. **Tip:** *If you don't have any butter, use a splash of olive oil.* Toss in your **apple**, a sprinkle of **sugar** (if you have it) and a splash of **water** and place a lid on the pan. Allow to cook for 10 mins until your apple has softened. **Tip:** *Remove the lid to thicken the caramelised apple in the last few mins.* When the 10 mins are up, take the pan off the heat.

3 Pre-heat your oven to 180 degrees and season the **duck** with **salt** and **pepper**. Cut three slices across the **duck skin** with a sharp knife and lay in a cold griddle pan skin-side down (just use a frying pan if you don't have a griddle pan). Cook on medium-low heat for about 7 mins or until the fat is crisp and golden. Transfer to a baking tray skin-side up and cook in your oven for 7 mins on the top shelf. **Tip:** *We like our duck pink, if you like it well done, cook it for 15 mins in the oven, if you like it rare, cook it for 5 mins in the oven.*

4



4 Heat a splash of **olive oil** in a frying pan on medium heat. Gently fry your **chilli**, **carrot** and **shallot** for 5 mins. Drain and thoroughly rinse the **lentils** before adding to the pan, together with the **stock pot** and the **water** (as stated in the ingredient list).

5 After 3 mins, take this pan off the heat. Cover with a lid and leave until it's time to serve.

6 Once your **duck** is cooked, remove from your oven and leave it to rest for 3 mins. **Tip:** *Leaving meat to rest on a warm plate, allows the juices to redistribute throughout the meat, making every mouthful nice and juicy.*

6



7 Pour any excess fat from your **duck** into another frying pan and place on high heat. Once hot, add your **spring greens** along with a pinch of **salt** and a good grind of **pepper**. Fry for 3-4 mins.

8 Finely chop the **parsley** then stir it through your **lentils**. Serve your **duck** on top of your lentils with a healthy dollop of your **caramelised apples**. Serve with your **greens** and savour!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!