



APPLE GLAZED DUCK CONFIT

WITH PARSNIP CHIPS AND GARLIC SPINACH

SPECIALITY INGREDIENT



HELLO PARSNIP

Parsnips were used as a sweetener in Europe before the introduction of cane sugar.



Parsnip



Confit Duck Leg



Apple



Garlic Clove



Hazelnuts



Flat Leaf Parsley



Vegetable Stock Pot



Apple & Sage Jelly



Baby Spinach

Using confit duck legs in this dish gives a beautiful 'cheffy' result with minimum effort. Crisp skin and tender meat make this a showstopping dish, especially when accompanied by garlicky sautéed spinach, glazed apples and chunky parsnip chips. Chef Mimi always tells us to save the fat from around the duck legs instead of throwing it away - it'll keep for weeks in the fridge and is the secret ingredient behind perfectly crispy roast potatoes. Enjoy!

40 mins

2.5 of your 5 a day

MEAL BAG

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, **Baking Tray**, two **Frying Pans**, a **Fine Grater** (or **Garlic Press**) and **Measuring Jug**. Now, let's get cooking!



1 ROAST TIME

Preheat your oven to 200°C. Remove the ends from the **parsnips** (no need to peel!), chop into chips the size of your index finger, then put on a lined baking tray. Drizzle with **oil**, **salt** and **pepper**, toss together, then spread out. Put the **duck legs** alongside the **parsnip**, skin-side up (discard any jelly or liquid from the packaging). Roast on the middle shelf of your oven until the **duck** is crispy and the **parsnips** golden, 25-30 mins.



2 COOK THE APPLE

Meanwhile, quarter the **apple**, discard the core, then chop each **apple** into 12 wedges (no need to peel!). Heat a splash of **oil** in a frying pan on medium heat. When hot, add the **apple wedges** and cook, turning occasionally, over a low heat until golden and starting to soften, 8-10 mins. Boil your kettle.



3 PREP TIME

While the **apple** cooks, peel and grate the **garlic** (or use a garlic press). Make a small hole in the bag of **hazelnuts**, and bash them with the bottom of a frying pan to break them up a bit. Roughly chop the **parsley** (stalks and all). Pour the boiling **water** (see ingredients for amount) into a measuring jug, add the **stock pot** and the **apple & sage jelly**. Stir to combine.



4 MAKE THE SAUCE

When the **apple** is golden, pour in the **stock** you made in step 3. Simmer gently until the sauce is glossy and is coating the **apple wedges**, 4-5 mins. Season with a good grind of **pepper**.



5 STEAM-FRY THE SPINACH

A few minutes before the **duck** and **parsnips** are ready, put another frying pan on medium heat with a drizzle of **oil**. Add the **spinach**, **garlic** and a splash of **water**. Cook, stirring, until wilted, 2-3 mins. Season with **salt** and **pepper**.



6 SERVE

Squeeze out any excess water from the **spinach** and place some **garlic spinach** in the centre of your plates. Put the **duck** on top and arrange the **parsnip chips** around the edge. Scatter the **glazed apples** around and drizzle the **sauce** all over. Finish with a sprinkling of **hazelnuts** and some **parsley**. **Enjoy!**

2 PEOPLE INGREDIENTS

Parsnip, chopped	3
Confit Duck Leg	2
Apple, chopped	1
Garlic Clove, grated	1
Hazelnuts, bashed 2)	25g
Flat Leaf Parsley, chopped	1 small bunch
Water*	100ml
Vegetable Stock Pot 10) 14)	½
Apple & Sage Jelly 14)	2 tbsp
Baby Spinach	1 small bag

*Not Included

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 726G	PER 100G
Energy (kcal)	856	118
(kJ)	3579	493
Fat (g)	41	6
Sat. Fat (g)	9	1
Carbohydrate (g)	65	9
Sugars (g)	43	6
Protein (g)	60	8
Salt (g)	2.95	0.41

ALLERGENS

2) Nut 10) Celery 14) Sulphites

Vegetable Stock Pot: 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.

PAIR THIS MEAL WITH

A French red like Marcillac

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

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