



Apple Glazed Duck Confit with Root Veg Chips and Garlic Spinach

Premium 40 Minutes • 1 of your 5 a day

30



Parsnip



Baking Potato



Confit Duck Leg



Hazelnuts



Apple



Butter



Garlic Clove



Flat Leaf Parsley



Chicken Stock Paste



Apple and Sage Jelly



Baby Spinach

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Frying Pan, Bowl, Kettle, Garlic Press, Measuring Jug.

Ingredients

	2P	3P	4P
Parsnip**	2	3	4
Baking Potato**	1	2	2
Confit Duck Leg**	2	3	4
Hazelnuts 2)	25g	25g	40g
Apple**	1	2	2
Butter** 7)	30g	40g	60g
Garlic Clove	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Boiling Water*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Apple and Sage Jelly**	75g	100g	125g
Baby Spinach**	200g	250g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	655g	100g
Energy (kJ/kcal)	3663 /875	559 /134
Fat (g)	41	6
Sat. Fat (g)	14	2
Carbohydrate (g)	81	12
Sugars (g)	31	5
Protein (g)	46	7
Salt (g)	2.02	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Roast Time

Preheat your oven to 200°C. Trim the **parsnips** then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Chop the **potato** lengthways into 2cm slices, then chop into 1cm wide chips (no need to peel). Pop both onto a large baking tray. Drizzle with **oil**, season with **salt and pepper** then toss to coat. Spread out in a single layer. Remove the **confit duck legs** from their packaging. Place on another baking tray, skin-side up, and drizzle with a little **oil**. When the oven is hot, roast the **veg** on the top shelf and the **duck** on the middle shelf until golden, 25-30 mins. Turn the **veg** halfway through. **IMPORTANT:** *The duck is cooked when piping hot throughout.*



Make the Sauce

When the **apples** are golden, pour in the contents of the jug and simmer gently until the **sauce** is glossy and coating the **apple wedges**, 6-7 mins. Stir in **half** the **parsley** and season with a good pinch of **pepper**, then remove from the heat.



Fry it Up

Meanwhile, roughly chop the **hazelnuts**. Heat a large frying pan on medium heat (no **oil**). Once hot, add the **hazelnuts** and dry-fry, stirring regularly, until toasted, 2-3 mins. **TIP:** *Watch them like a hawk as they can burn easily.* While they toast, quarter the **apple**, discard the core, then chop each quarter into 3 **wedges** (no need to peel). Once the **hazelnuts** are toasted, transfer them to a bowl and pop the pan back on medium heat. Add the **butter** and allow it to melt, then add the **apple wedges**. Cook, turning occasionally, until golden and starting to soften, 8-10 mins.



Cook the Spinach

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



Prep the Rest

Boil your kettle. While the **apple** cooks, peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Pour the boiling **water** (see ingredients for amount) into a measuring jug with the **chicken stock paste** and the **apple and sage jelly**. Stir to combine.



Serve

Squeeze out any excess water from the **spinach** with the back of a spoon and place in the centre of your plates. Put the **duck** on top and arrange the **root veg chips** around the edge. Spoon the **glazed apples** around the **duck** and drizzle the **sauce** all over. Finish with a sprinkling of **hazelnuts** and the remaining **parsley**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.