



Chinese Five Spice Duck

with Rice, Mango Salad and Roasted Radishes

PREMIUM 35 Minutes • Medium Spice • 1.5 of your 5 a day

N° 13



Spring Onion



Radishes



Lime



Coriander



Red Chilli



Mango



Jasmine Rice



Duck Breast



Chinese 5 Spice



Honey



Soy Sauce

Before you start

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

Basic cooking tools, you will need:

Fine Grater, Peeler, Measuring Jug, Saucepan, Mixing Bowl, Frying Pan and Baking Tray.

Ingredients

	2P	3P	4P
Spring Onion**	1	2	2
Radishes**	1 small pack	1 large pack	2 small packs
Lime**	½	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Mango**	1	1	2
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Duck Breast**	2	3	4
Chinese 5 Spice	½ pot	¾ pot	1 pot
Honey	1 sachet	2 sachets	2 sachets
Soy Sauce 11 13	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	452g	100g
Energy (kJ/kcal)	2734 /654	604 /145
Fat (g)	12	3
Sat. Fat (g)	4	1
Carbohydrate (g)	81	18
Sugars (g)	19	4
Protein (g)	57	13
Salt (g)	3.20	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya **13)** Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Prepped

Preheat your oven to 200°C. Trim the **spring onion** and slice thinly. Trim and halve the **radishes**. Zest and halve the **lime**. Roughly chop the **coriander** (stalks and all). Halve the **chilli** lengthways, deseed and slice thinly. Using a peeler, peel the **mango** then stand it upright on your chopping board. Slice down either side of the stone to give you 2 'cheeks'. Slice any remaining flesh from the stone, then chop the mango into 1cm pieces. Discard the stone.



4. Roast the Duck

Transfer the **duck** to a baking tray skin-side up. Add the **radishes** to the frying pan you cooked the duck in and toss to coat in the fat, pop next to the **duck** on the tray, season with **salt** and **pepper** and roast on the top shelf of your oven until the **duck** is golden and cooked and the **radishes** are tender, 15 mins. Once cooked, remove from your oven and rest, covered loosely in tin foil, for 10 minutes. **IMPORTANT:** The duck is cooked when it is no longer pink in the middle.



2. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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).



5. Finish the Rice

Pop the **honey**, **soy sauce** and **lime juice** into a small bowl. Mix together until well combined. Once your **rice** has cooked, fluff it up with a fork and add the **spring onion**, **lime zest**, **chilli** (add less if you don't like heat) and **coriander** to the pan. Add the **mango** and **half** the **dressing** to the **rice** and gently mix everything together.



3. Brown the Duck

Meanwhile, pop the **duck** into a bowl with the **Chinese 5 spice** (see ingredients for amounts) and season with **salt** and **pepper**. Rub the **spice** and **seasoning** all over the **duck** and its skin. Pop a frying pan on medium-high heat (no oil). Once hot, lay the **duck** in the pan skin-side down, fry until the skin is golden, 5 mins. Turn, cook for 1 minute on the flesh side to seal the meat. **IMPORTANT:** Wash your hands after handling the raw duck and its packaging.



6. Serve!

Once the **duck** has rested, slice thickly. Divide the **rice salad** between plates then top with the **duck** and roasted **radishes** and pour over the remaining **dressing**.

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.