



Spiced Duck Breast & Plum Sauce

with Bok Choy and Buttery Mash

N° 13

PREMIUM 45 Minutes



Potato



Echalion Shallot



Ginger



Garlic Clove



Plums



Bok Choy



Duck Breast



Chinese Five Spice



Butter



Soy Sauce



Red Wine Stock Pot

Before you start

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

Basic cooking tools you will need:

Fine Grater, Large Saucepan, Baking Tray, Frying Pan, Colander, Masher and Measuring Jug.

Ingredients

	2P	3P	4P
Potato	1 small pack	1 large pack	2 small packs
Echalion Shallot**	1	1½	2
Ginger**	1	1½	2
Garlic Clove**	1	2	2
Plums**	2	3	4
Bok Choy**	1	1½	2
Duck Breast**	2	3	4
Chinese Five Spice	½ pot	¾ pot	1 pot
Butter 7)**	30g	45g	60g
Sugar*	2 tsp	3 tsp	4 tsp
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Red wine Stock Pot 14)	½ pot	¾ pot	1 pot
Water for the Sauce*	150ml	225ml	300ml

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	608g	100g
Energy (kJ/kcal)	2715/649	446/107
Fat (g)	24	4
Sat. Fat (g)	12	2
Carbohydrate (g)	53	9
Sugars (g)	10	2
Protein (g)	56	9
Salt (g)	4.12	0.68

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 13) Gluten 14) Sulphites

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

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



1. Get Prepped

Preheat your oven to 200°C. Peel and chop the **potatoes** into 2cm chunks. Halve, peel and chop the **shallot** into small pieces. Cut the **ginger** in half. Peel and grate **half** the **ginger**. Peel and finely slice the **garlic**. Half the **plums** and remove the stones. Cut into 2cm wedges. Slice the **bok choy** into quarters lengthways. Pop a large saucepan of **water** on high heat and bring to the boil.



4. Cook the Potato

Meanwhile, add the **potato** to the boiling **water** and cook until tender, 15-20 mins. **TIP: The potatoes are done when you can easily slip a knife through the middle!** When the **potatoes** are done, drain in a colander and return to the pan (off the heat). Add the **butter** and season with **salt** and **pepper**. Mash until smooth. Cover with a lid to keep warm.



2. Score the Duck

Pop the **bok choy**, **garlic** and **unpeeled ginger** onto a large piece of foil (or parchment) on a baking tray. Add 2 tbsp of **water** and a pinch of **salt** and **pepper**. Scrunch the foil together to enclose. Heat a frying pan on medium-high heat. While the pan gets hot, pop the **duck breast** on a chopping board, skin-side up. Use a sharp knife to score the skin of the **duck** into a criss-cross pattern (don't cut through to the flesh!). Season both sides of the **duck** with **salt** and **pepper**.



5. Make the Sauce

Return the frying pan to a medium heat (you'll use the **duck fat** in the pan instead of oil). Once hot, add the **shallot** and cook until softened, 3 mins. Stir in the **plums**, **ginger** and **sugar** (see ingredients for amount). Cook for 1 more minute then add the **soy sauce**. Increase the heat, bring to the boil then add the **red wine stock** and **water** (see ingredients for amount). Stir to dissolve the **stock**. Reduce the heat and leave to simmer until thickened and glossy, 6-8 mins. Meanwhile, pop the **bok choy parcel** in the oven. Bake until tender, 5-6 mins.



3. Cook the Duck

Lay the **duck** skin-side down in the hot pan. Sprinkle the **Chinese 5 spice** evenly over the flesh side of the **duck** (only use a little bit!). **IMPORTANT: Remember to wash your hands after handling raw meat.** Cook until the skin is crisp, 5 mins. Then, turn and cook for 1 minute on the flesh side to seal the **meat**. Remove to a baking tray skin-side up and roast on the top shelf of your oven until cooked, 15 mins. Once cooked, remove from your oven and rest in a warm place, (wrapped in tin foil if you have some) for 10 minutes. **IMPORTANT: The duck is cooked when it is no longer pink in the middle. Keep the pan!**



6. Dish Up!

Once everything is ready, cut each **duck breast** into five or six thin slices and stir any resting **juices** into the **plum sauce**. Divide the mash between your plates and place the **sliced duck** on top. Spoon the **plum sauce** all over and serve the steamed **bok choy** on the side (discard the garlic and ginger!).

Enjoy- Happy Chinese New Year!