



# CHINESE NEW YEAR DUCK

WITH BOK CHOY AND PLUM SAUCE



## HELLO CHINESE NEW YEAR

Chinese New Year is on 5th February and this year is the celebration of the year of the pig! In China this festival is also known as 'The Spring festival'. The holiday marks the end of the coldest days and what it brings- planting and harvests- fresh starts.



Potato



Echalion Shallot



Ginger



Garlic Clove



Plums



Bok Choy



Duck Breast



Chinese Five Spice



Butter



Soy Sauce



Red Wine Stock Pot

With Chinese New Year just around the corner, our chefs have created the perfect celebration recipe. To get the skin crisp and golden and the meat lovely and juicy, we've pan-fried the duck first before finishing it off in the oven. Served on a bed of creamy mash and a side of garlicky bok choy, drizzle over the sweet and sticky plum sauce for the finishing touch. This dish is pure luxury so although it might not take long to make you'll want to savour every bite.

40 mins

2 of your 5 a day

MEAL BAG

13



# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Peeler, Fine Grater, Large Saucepan** (with a **Lid**), some **Foil**, a **Baking Tray, Frying Pan, Chopping Board, Colander, Potato Masher** and **Measuring Jug**. Now, let's get cooking!



## 1 GET PREPPED

Preheat your oven to 200°C. Peel and chop the **potato** into 2cm chunks. Halve, peel and chop the **shallot** into small pieces. Cut the **ginger** in half. Peel and grate one half of the **ginger**. Peel and finely slice the **garlic**. Halve the **plums** and remove the stones. Cut into 2cm wedges. Slice the **bak choy** into quarters lengthways. Put a large saucepan of water with a pinch of salt on to boil for the potato.



## 4 BOIL THE POTATO

Meanwhile, add the **potato** to the pan of boiling water and cook for 10-15 mins. When the **potato** is done, drain in a colander and return to the pan (off the heat). Add the **butter** and a pinch of **salt** and **pepper** and mash with a potato masher until smooth. Cover with a lid to keep warm. **★ TIP:** *The potato is cooked when you can easily slip a knife through.*



## 2 SCORE THE DUCK

Pop the **bok choy, garlic** and **unpeeled ginger** onto a large piece of foil (or parchment) and place 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 now empty frying pan to medium heat (keep the duck fat). Once hot, add the **shallot** and cook until softened, 3 mins. Stir in the **plums, grated ginger** and **sugar** (see ingredients for amount). Cook for 1 more minute then add the **soy sauce**. Bring to the boil then add the **stock pot** and **water** (see ingredients for amount). Stir to dissolve the **stock pot**. Reduce the heat and leave to simmer until thickened and glossy, 6-8 mins.



## 3 COOK THE DUCK

Lay the **duck** skin-side down in the hot pan. Sprinkle the **Chinese five 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, 6-7 mins, then turn and brown the flesh side for 1 minute. Transfer to the baking tray next to foil parcel. Roast on the middle shelf of your oven for 10-12 mins. Once out of the oven, cover with foil to rest while you finish off. 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!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Echalion Shallot *	1	1½	2
Ginger *	1 piece	1½ pieces	2 pieces
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	¾	1
Water*	150ml	225ml	300ml

\*Not Included

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 762G	PER 100G
Energy (kcal)	673	88
(kJ)	2814	369
Fat (g)	24	3
Sat. Fat (g)	12	2
Carbohydrate (g)	60	8
Sugars (g)	14	2
Protein (g)	56	7
Salt (g)	3.29	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

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

### PAIR THIS MEAL WITH

A red wine like a Pinot Noir

**🧼** 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.

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