



DUCK LEG CONFIT

WITH PANCETTA POTATOES, CARAMELISED APPLES AND PEA SHOOT SALAD

SPECIALITY INGREDIENT



HELLO PEA SHOOTS

The young leaves of a pea plant, these tender and tasty greens really do taste of peas!



New Potatoes



Pancetta



Duck Leg Confit



Walnuts



Wholegrain Mustard



Lemon



Apple



Unsalted Butter



Chicken Stock Pot



Apple and Sage Jelly



Pea Shoots

MEAL BAG

40 mins

1 of your 5 a day

Using confit duck legs in this dish gives a beautiful 'cheffy' result with minimum effort! Crisp skin and tender meat make for a delightful dinner, worthy of a special occasion; especially when accompanied by pancetta potatoes and caramelised apples.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Trays**, a **Frying Pan**, **Measuring Jug**, some **Foil** and a **Mixing Bowl**. Now, let's get cooking!



1 ROAST THE POTATOES

Preheat your oven to 200°C. Quarter the **new potatoes**, pop them on a lined baking tray and drizzle with **oil**. Season with **salt** and **pepper**. Toss to coat, spread out and roast on the middle shelf of your oven until golden, 25-30 mins. Halfway through cooking, turn the **potatoes** and add the **pancetta** to the tray.



2 COOK THE DUCK

Meanwhile, remove the **confit duck leg** from its packaging and discard any excess fat. Place on another lined baking tray, skin-side up. Roast on the top shelf of your oven for 25 mins or until the skin is crispy.



3 MAKE THE DRESSING

Roughly chop the **walnuts** and pop them in a mixing bowl. Add the **wholegrain mustard**, **lemon juice** and the **olive oil** (see ingredients for amount). Set aside - we'll dress the pea shoots later!



4 CARAMELISE THE APPLE

Chop each **apple** into eight wedges, remove the core. Heat the **butter** in a frying pan on medium heat. Add the **apple**, cook until browned all over, 6-8 mins. Turn every minute to make sure they colour evenly. Stir in the **stock pot**, **water** (see ingredients for amount) and the **apple and sage jelly**. Cook until the **apple** is soft and the **sauce** is glossy, 3-4 mins. Remove from the heat, cover with foil to keep warm.



5 FINISH OFF

Do any washing up that needs doing whilst everything finishes cooking. When the **potatoes** and **duck** are 1 minute from being ready, pop the **pea shoots** in a mixing bowl and dress with the **mustardy dressing**.



6 SERVE

Share the **pancetta potatoes** between your plates. Serve the **pea shoots** alongside. Sit the **confit duck leg** on top of the **potatoes**, spoon the **apple sauce** over the **duck** and arrange the **caramelised apples** in an artistic fashion. **Bon appétit!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
New Potatoes	1 small pack	1 large pack	2 small packs
Pancetta	1 small pack	1 medium pack	1 large pack
Duck Leg Confit	2	3	4
Walnuts	1 bag	1 bag	2 bags
Wholegrain Mustard 9)	1 pot	1 pot	2 pots
Lemon	½	1	1
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Apple	1	2	2
Unsalted Butter 7)	30g	30g	30g
Chicken Stock Pot	½	¾	1
Water*	50ml	75ml	100ml
Apple and Sage Jelly	3 pots	4½ pots	6 pots
Pea Shoots	1 bag	1 bag	2 bags

*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 650G	PER 100G
Energy (kcal)	1107	170
(kJ)	4632	713
Fat (g)	64	10
Sat. Fat (g)	21	3
Carbohydrate (g)	68	10
Sugars (g)	38	6
Protein (g)	65	10
Salt (g)	3.88	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 9) Mustard

PAIR THIS MEAL WITH

A full bodied red 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 between uses.

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