



# Confit Duck Leg

with Dauphinoise Potatoes and Orange Sauce

**PREMIUM** 40 Minutes • 1.5 of your 5 a day

N° 23



Potato



Echalion Shallot



Crème Fraîche



Thyme



Chicken Stock Powder



Grated Italian Style Hard Cheese



Confit Duck Leg



Orange



Butter



Honey



Cavolo Nero

## Before you start

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

### Basic cooking tools, you will need:

Saucepan, Colander, Frying Pan, Ovenproof Dish, Measuring Jug, Baking Tray and Fine Grater.

### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Echalion Shallot**	1	1	2
Water for Potatoes*	75ml	100ml	150ml
Crème Fraîche 7)*	150g	220g	300g
Thyme	1 small pot	¾ large pot	1 large pot
Chicken Stock Powder	2 sachets	3 sachets	4 sachets
Grated Italian Style Hard Cheese 7)*	1 pack	1½ packs	2 packs
Confit Duck Leg**	2	3	4
Orange**	1	1½	2
Butter 7)*	30g	45g	60g
Honey	1 sachet	1½ sachets	2 sachets
Water for Sauce*	150ml	225ml	300ml
Cavolo Nero**	1 small pack	1 medium pack	1 large pack

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	752g	100g
Energy (kJ/kcal)	4598/1099	612/146
Fat (g)	70	9
Sat. Fat (g)	31	4
Carbohydrate (g)	63	8
Sugars (g)	15	2
Protein (g)	67	9
Salt (g)	3.37	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 8) Egg

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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## 1. Get Started

Preheat your oven to 200°C. Pop a large saucepan of **water** onto boil with ½ tsp **salt**. Peel the **potatoes** and chop into ½ cm thick discs. Add to the **water** and cook until the **potatoes** have softened and just cooked through, 8-10 mins. Meanwhile, halve, peel and thinly slice the **shallot**. When the **potatoes** have cooked, drain into a colander and allow to steam for a couple of minutes. Heat a splash of **oil** in a frying pan over a medium-high heat. Add half the **shallot** and cook until softened and lightly browned, 5-6 mins.



## 4. Make the Sauce

Meanwhile, wash out your saucepan and pop on a medium heat and add the **butter**. Allow it to melt, then add the remaining **shallots** and fry until softened, 2-3 mins. Add the **honey**, **water** (see ingredient list for amount), remaining **chicken stock powder** and the **orange juice**. Stir, bring to the boil and simmer, stirring occasionally until the liquid has reduced by half, 5-8 mins, until thickened. Remove from the heat. Once the **duck** is cooked, cover with foil and leave to rest for a few mins. **IMPORTANT:** The duck is cooked when it is piping hot

**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.



## 2. Dauphinoise Potatoes

Meanwhile, lay **half** the drained **potato** slices in an appropriately sized ovenproof dish. Set aside. Pour the **water** (see ingredients for amount) into the pan with the **shallot**. Add the **crème fraîche**, **dried thyme** and **half** the **chicken stock powder**. Stir to combine and heat through, then pour onto the **potatoes** in the dish. Arrange the remaining **potatoes** on top and cover with a layer of **hard Italian cheese**. Pop on the top shelf and bake the **dauphinoise** in the oven until the **potatoes** are cooked through and top is golden, 25-30 mins.



## 5. Cavlo Time

Wash out your frying pan and pop onto medium-high heat (no oil). Once hot, add the **orange slices** leave them to char nicely, turning once, 2-3 mins each side. Remove from the pan and set aside for later. Add a splash of **water** to deglaze the pan, add the **cavolo nero** and **orange zest** to the pan, cover immediately and leave to steam for 3-4 mins. Season with **salt** and **pepper**.



## 3. Roast the Duck

Remove the **confit duck legs** from their packaging and place in a roasting tin skin side up. Roast on the middle shelf of your oven until the **duck skin** is crispy, 25-30 mins. Meanwhile, zest and halve the **orange**. Squeeze **half** the **juice** into a small bowl and set aside. Slice the remaining **orange** into thin slices, 2 per person.



## 6. Serve Up

Divide the **cavolo nero** between plates. Place the **duck legs** on top of the **cavolo nero** and pour the **orange sauce** onto the **leg**. Garnish with the **charred orange slices**. Serve with the **potato dauphinoise**.

**Enjoy!**