



Confit Duck Leg and Dauphinois Potatoes

With Cavolo Nero and a Honey Orange Sauce

Premium 40 Minutes • 1.5 of your 5 a day

28



Potato



Echalion Shallot



Crème Fraîche



Dried Thyme



Chicken Stock Powder



Grated Hard Italian Style Cheese



Confit Duck Leg



Orange



Butter



Honey



Cavolo Nero

Before you start

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

Cooking tools, you will need:

Saucepan, Colander, Frying Pan, Ovenproof Dish, Roasting Tin, Small Bowl, Tin Foil and Measuring Jug.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Echalion Shallot**	1	1	2
Water for the Potatoes*	75ml	100ml	150ml
Crème Fraîche 7)**	150g	225g	300g
Dried Thyme	1 small sachet	1 large sachet	2 small sachets
Chicken Stock Powder	2 sachets	3 sachets	4 sachets
Grated Hard Italian Style Cheese 7) 8)**	40g	60g	80g
Confit Duck Leg**	2	3	4
Orange**	1	1 ½	2
Butter 7)**	30g	45g	60g
Honey	1	1½	2
Water for the Sauce*	150ml	225ml	300ml
Cavolo Nero	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving	Per 100g
	664g	100g
Energy (kJ/kcal)	3793 /906	572 /137
Fat (g)	58	9
Sat. Fat (g)	27	4
Carbohydrate (g)	61	9
Sugars (g)	15	2
Protein (g)	47	7
Salt (g)	2.80	0.42

Nutrition for uncooked ingredients based on 2 person recipe.
The above nutritional are based on 130g of Duck Confit per person

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.

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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 ½cm 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** are 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.



Make the Sauce

Meanwhile, wash out your saucepan, 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 and has 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*



Dauphinois Potato Time

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 style cheese**. Pop on the middle shelf and bake the **dauphinois** in the oven until the **potatoes** are cooked through and top is golden, 25-30 mins.



Cavolo 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**.



Roast the Duck

Remove the **confit duck legs** from their packaging and place in a roasting tin skin-side up. Drizzle with **oil**, then roast on the top 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.



Serve Up

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

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.