



CONFIT DUCK LEG

WITH CREAMY BACON LENTILS AND HONEY ROASTED BABY ROOTS

SPECIALITY INGREDIENT



HELLO TURNIPS

Turnips were a staple in the diet of Ancient Greeks and Romans!



Baby Turnips



Onion



Chantenay Carrots



Streaky Bacon Rashers



Vert Lentils



Flat Leaf Parsley



Ground Cumin



Honey



Duck Leg Confit



Balsamic Vinegar



Water



Chicken Stock Pot



Crème Fraîche

MEAL BAG

40 mins

4.5 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 this a showstopping dish, especially when accompanied by creamy bacon lentils and baby root vegetables. Chef Mimi always tells us to save the fat from around the duck legs instead of throwing it away - it'll keep for weeks in the fridge and is the secret ingredient behind perfectly crispy roast potatoes. Enjoy!

BEFORE YOU START

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



1 PREP TIME

Preheat your oven to 200°C. Remove and discard the **baby turnip** stalks and then quarter them. Halve, peel and thinly slice the **onion** into half moons. Remove the very tops from the **carrots**. Chop the **streaky bacon rashers** widthways into 1cm wide strips. Drain and rinse the **vert lentils** in a sieve. Roughly chop the **parsley** (stalks and all).



2 COOK THE VEGGIES

Pop the **baby turnips** and **carrots** on a baking tray and drizzle over some **oil**, and the **honey**, and sprinkle on the **ground cumin**, and a pinch of **salt** and **pepper**. Mix with your hands so the **veggies** are coated and then roast on the middle shelf of your oven until soft and golden, 30-35 mins, turn halfway through.



3 ROAST THE DUCK

Meanwhile, remove the **duck leg confits** from their pack (discard the fat surrounding the duck) and lay them on another lined baking tray skin-side up. Roast on the top shelf of your oven for 25 mins.



4 FRY THE BACON

Heat a drizzle of **oil** in a frying pan on medium heat and add the **bacon**. Stir and cook until crispy, 5-6 mins, then remove the **bacon** from the pan. Put your pan back on medium heat and add another drizzle of **oil**. Add the **onion** to the pan, stir and cook until really soft and caramelised, 7-8 mins. Pour in the **balsamic vinegar**, stir and cook for 2 more mins.



5 ADD THE LENTILS

Add the **bacon** back into your pan along with the **water** (amount specified in the ingredient list). Stir in the **chicken stock pot** and bring to the boil. Simmer until reduced by half, 5 mins. Add in the **crème fraîche** and drained **lentils**. Bring back to the boil and remove the pan from the heat. Stir in half the **parsley**. Taste and add **salt** and **pepper** if you feel it needs it, and a splash of **water** if the **lentils** are a little dry.



6 FINISH AND SERVE

Spoon the **creamy bacon lentils** into bowls and serve with the **confit duck leg** on top and the **honey roasted roots** arranged around it. Sprinkle over the remaining **parsley**. **Enjoy!**

2 PEOPLE INGREDIENTS

| | |
|--------------------------------|---------------|
| Baby Turnips, quartered | 1 pack |
| Onion, sliced | 1 |
| Chantenay Carrots | 1 pack |
| Streaky Bacon Rashers, chopped | 3 |
| Vert Lentils | 1 tin |
| Flat Leaf Parsley, chopped | 1 small bunch |
| Ground Cumin | 1½ tsp |
| Honey | 1 tbsps |
| Duck Leg Confit | 2 |
| Balsamic Vinegar 14) | 1 tbsps |
| Water * | 100ml |
| Chicken Stock Pot | ½ |
| Crème Fraîche 7) | 1 small pot |

*Not Included

| NUTRITION | PER SERVING | PER 100G |
|------------------|-------------|----------|
| Energy (kcal) | 880 | 120 |
| (kJ) | 3684 | 500 |
| Fat (g) | 50 | 7 |
| Sat. Fat (g) | 21 | 3 |
| Carbohydrate (g) | 42 | 6 |
| Sugars (g) | 30 | 4 |
| Protein (g) | 64 | 9 |
| Salt (g) | 3.57 | 0.48 |

ALLERGENS

7) Milk 14) Sulphites

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

PAIR THIS MEAL WITH

A tannic French red like a Madiran



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