



CRISP CONFIT DUCK

WITH BACON & RED WINE LENTIL STEW



HELLO COOKBOOK

Our brand NEW cookbook 'Recipes That Work' is available to buy now!



Confit Duck Leg



Red Onion



Carrot



Garlic Clove



Flat Leaf Parsley



Streaky Bacon Rashers



Red Wine Stock Pot



Lentils

MEAL BAG

30 mins

2 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 served alongside Head Chef Andre's famous lentil stew. A great tip we've learned from Chef Mimi is to save the fat from around the duck legs instead of throwing it away, it's the secret ingredient behind perfectly crispy roast potatoes.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, **Fine Grater** (or **Garlic Press**), **Large Saucepan**, **Measuring Jug** and **Sieve**. Now, let's get cooking!



1 ROAST THE DUCK

Preheat your oven to 220°C. Remove the **confit duck legs** from their packaging and place on a lined baking tray. Pop on the top shelf of your oven and roast until golden and crispy, 25-30 mins.



2 DO THE PREP

Meanwhile, halve, peel and thinly slice the **red onion**. Remove the top and bottom from the **carrot** (peeling is optional), halve lengthways, cut into long thin strips, then chop into small chunks. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Chop the **bacon rashers** widthways into 1 cm wide strips. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



3 START THE STEW

Heat a splash of **oil** in a large saucepan over medium-high heat. Add the **bacon**, stir and cook until browned, 3-4 mins. Add the **onion** and **carrot**, stir and cook for another 4-5 mins before stirring in the **garlic**. Cook for 30 seconds.



4 SIMMER THE STEW

Pour in the **water** (see ingredients for amount) and the **stock pot**. Bring to the boil, stir to dissolve the **stock**, then lower the heat. Simmer until the **carrot** is cooked through, another 5-6 mins. In the meantime, drain and rinse the **lentils** in a sieve.



5 ADD THE LENTILS.

When the **carrot** is cooked, stir in the **lentils** and bubble away until piping hot, 2 mins. Remove from the heat, season to taste with **salt** and **pepper** and add **half** the **parsley**.



6 FINISH AND SERVE

Share the **lentil stew** between your bowls and place the **crisp confit duck leg** on top. Finish with a sprinkle of remaining **parsley** and tuck in! **Enjoy!**

2 PEOPLE INGREDIENTS

Confit Duck Leg	2
Red Onion, sliced	1
Carrot, chopped	1
Garlic Clove, grated	1
Flat Leaf Parsley, chopped	1 bunch
Streaky Bacon Rashers, chopped	4
Water*	150ml
Red Wine Stock Pot (14)	1
Lentils	1 tin

*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PERSERVING 507G	PER 100G
Energy (kcal)	682	135
(kJ)	2851	562
Fat (g)	36	7
Sat. Fat (g)	11	2
Carbohydrate (g)	25	5
Sugars (g)	12	2
Protein (g)	62	12
Salt (g)	2.76	0.54

ALLERGENS

14) Sulphites

Red Wine Stock Pot: Water, Sugar, Salt, Reduced Wine (**Sulphites**) (11%), Glucose Syrup, Dried Onion, Natural Flavouring, Stabiliser (Tara Gum).

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, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

ENJOYING OUR PREMIUM RECIPES?
Or if you just have feedback in general, please get in touch on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK