



CONFIT DUCK LEG

with Creamy Lentils



HELLO CARROT

Carrots were among plants grown in the Hanging Gardens of Babylon in the 8th century BC!



Confit Duck Leg



Onion



Carrot



Garlic Clove



Flat Leaf Parsley



Lentils



Chicken Stock Powder



Soured Cream

MEAL BAG

35 mins

2.5 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 real showstopping dish, especially when served alongside Chef Mimi's creamy lentils. A top tip from Mimi is 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.

4

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**), **Sieve**, **Frying Pan** and **Measuring Jug**. Now, let's get cooking!



1 ROAST THE DUCK

Preheat your oven to 200°C and line a baking tray with baking paper. Take the **duck legs** out of their packaging and discard any excess fat/jelly. Put the **duck legs** on the baking tray, skin side up. Roast on the middle shelf of your oven until the duck is crispy, 25-30 mins.



2 PREP THE VEG

Meanwhile, halve, peel and thinly slice the **onion**. Trim the ends from the **carrot** (no need to peel), halve lengthways. Chop lengthways again into 1cm wide strips, then chop widthways into 1cm chunks. Peel and grate the **garlic** (or use a garlic press). Finely chop the **parsley** (stalks and all). Drain and rinse the **lentils** in a sieve.



3 START THE LENTILS

Heat a drizzle of **oil** in a frying pan on medium high heat. Once the **oil** is hot, stir in the **onion** and **carrot** along with a pinch of **salt** and **pepper**. Reduce the heat to medium and fry until the **onion** is completely soft and golden and the **carrot** is starting to soften, 5-7 mins. Stir every 2 mins. Add the **garlic**, stir and cook for 1 minute more.



4 SIMMER

Pour in the **water** (see ingredient list for amount) and stir in the **chicken stock powder**. Bring to the boil, reduce the heat to medium and gently simmer, stirring occasionally, until the **carrots** are tender and the **liquid** has reduced by half, 8-10 mins. Add the **lentils**, bring to a simmer, and bubble away for 1-2 mins, then remove from the heat and stir in the **soured cream**.



5 SEASON!

Stir **half** the **parsley** into the **creamy lentils**. Taste and add **salt** and **pepper** if you feel it needs it.



6 FINISH AND SERVE

Spoon the **lentils** into bowls, serve the **duck** on top with a sprinkling of remaining **parsley**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Confit Duck Leg *	2	3	4
Onion *	1	1½	2
Carrot *	1	1½	2
Garlic Clove *	2	3	4
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Lentils	1 carton	1½ cartons	2 cartons
Water for the Lentils*	120ml	180ml	240ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Sour Cream 7) *	¾ pouch	1 pouch	1½ pouches

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 533G	PER 100G
Energy (kJ/kcal)	3004 / 718	564 / 135
Fat (g)	42	8
Sat. Fat (g)	15	3
Carbohydrate (g)	26	5
Sugars (g)	10	2
Protein (g)	59	11
Salt (g)	2.42	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

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 in-between uses.

THUMBS UP OR THUMBS DOWN?

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