



Crispy Chinese Style Duck Tacos

with Plum Sauce, Wedges and Pickled Radishes

Street Food 40 Minutes • Mild Spice • 2 of your 5 a day

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Confit Duck Leg



Chinese Five Spice



Potatoes



Plum



Hoisin Sauce



Honey



Soy Sauce



Radish



Rice Vinegar



Cucumber



Spring Onion



Plain Taco Tortilla

Pantry Items
Water, Sugar

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, frying pan and bowl.

Ingredients

	2P	3P	4P
Confit Duck Leg**	2	3	4
Chinese Five Spice	1 pot	1 pot	2 pots
Potatoes**	450g	700g	900g
Plum**	2	3	4
Hoisin Sauce 11)	2 sachets	3 sachet	4 sachet
Honey	1 sachet	2 sachets	2 sachets
Soy Sauce 11) 13)	13ml	19ml	25ml
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp
Radish**	100g	150g	200g
Rice Vinegar	1 sachet	2 sachets	2 sachets
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Cucumber**	½	¾	1
Spring Onion**	2	3	4
Plain Taco Tortilla 13)	6	9	12

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	678g 3290/786	100g 485/116
Fat (g)	20	3
Sat. Fat (g)	7	1
Carbohydrate (g)	124	18
Sugars (g)	30	4
Protein (g)	32	5
Salt (g)	3.81	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya 13) Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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60 Worship St, London EC2A 2EZ

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Duck and Wedges Prep

Preheat your oven to 200°C. Remove the **confit duck legs** from their packaging and place on a baking tray skin-side up. Drizzle with **oil** and scatter over **half** the **Chinese Five Spice** and rub all over the **duck**. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.



Ready to Roast

Roast the **duck** on the top shelf of your oven and the **wedges** on the middle shelf until the **duck** is crispy and the **wedges** are golden, 25-35 mins. Turn the **wedges** halfway through cooking. **IMPORTANT:** The duck is cooked when piping hot.



Plum Sauce Time

Meanwhile, halve the **plums**, remove the stone and chop the flesh into 1cm pieces. Heat a drizzle of **oil** in a medium frying pan on medium heat. Once hot, add the **plums** and remaining **Chinese Five Spice** and cook, stirring regularly, until softened, 4-5 mins. Once softened, add the **hoisin sauce**, **honey**, **soy sauce** and **water for the sauce** (see ingredients for amount). **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. Simmer, stirring regularly, until the **plums** have completely softened and the **sauce** has thickened, 10-12 mins. **TIP:** Taste and add a pinch of sugar if you would like it to be a bit sweeter. Once cooked, transfer to a small bowl to cool.



Pickle your Radishes

Meanwhile, trim and thinly slice the **radishes**. In a small bowl, mix together the **rice vinegar**, **sugar for the pickle** (see ingredients for amount) and a pinch of **salt**. Add the **radishes**, mix well and set aside. Trim the **cucumber** then halve lengthways. Chop into roughly ½cm wide, 5cm long batons. Trim and thinly slice the **spring onions**.



It's a Wrap

When everything is nearly ready, pop the **tortillas** into the oven until warmed through, 2-3 mins. Once the **duck** is piping hot, remove it from the oven and use two forks to pull the **meat** off the bone and shred finely. Discard the bones.



Serve

Plate up the **shredded duck**, **warmed tortillas** and **wedges** in the centre of your table. Drain the **pickled radishes** and serve in a small bowl with the **cucumber**, **spring onion** and **plum sauce** alongside. Let everyone assemble their **tacos** (3 per person) with the **duck**, **crunchy veg** and **plum sauce** drizzled over the top. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!