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Orange Glazed Duck Breast with Kohlrabi and Lentils

At the Fresh Farm we love to create recipes that will make any home cook feel like a Michelin starred chef. We feel this recipe fits this brief brilliantly! Orange glazed duck with high end restaurant, but tonight you'll find it gracing your humble kitchen!

45 mins

4 of your 5 a day

healthy



Kohlrabi (1)



Carrot (1)



Celery (1)



Red Onion (1)



Garlic Clove (1)



Flat Leaf Parsley (1 bunch)



Orange (½)



Green Lentils (100g)



Duck Breast (2)



Balsamic Vinegar (2 tbsp)




Chicken Stock Pot (1)



Water (100ml)

2 PEOPLE INGREDIENTS

- Kohlrabi, chopped **1**
- Carrot, chopped **1**
- Celery, sliced **1**
- Red Onion, sliced **1**
- Garlic Clove, grated **1**
- Flat Leaf Parsley, chopped **1 bunch**
- Orange **½**
- Green Lentils **100g**
- Duck Breast **2**
- Balsamic Vinegar **2 tbsps**
- Chicken Stock Pot **1**
- Water **100ml**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Canada is the biggest producer of lentils in the world. It harvests 1.5 million metric tons per year.

Allergens: Celery, Sulphites.

Nutrition per prepared and listed ingredients

| | Energy | Fat | Sat. Fat | Carbs | Sugar | Protein | Salt |
|--------------------|--------------------|------|----------|-------|-------|---------|------|
| Per serving | 325 kcal / 1343 kJ | 10 g | 2 g | 29 g | 13 g | 33 g | 0 g |
| Per 100g | 80 kcal / 331 kJ | 3 g | 0 g | 8 g | 3 g | 8 g | 0 g |

1



1 Pre-heat your oven to 200 degrees. Peel the **kohlrabi**, remove the top and bottom and chop into 1cm pieces. Cut the top and bottom off the **carrot**, peel and then chop into 1cm pieces. Slice the **celery** widthways into strips ½cm wide. Cut the **red onion** in half through the root, peel and then slice into thin half moons. Peel and grate the **garlic**, roughly chop the **parsley** and zest and juice the **orange**.

4



2 Pop the **lentils** into a pot of cold water and put on high heat. When the water comes to the boil, reduce the heat to medium and let your **lentils** bubble away for 20 mins or until they are tender. When cooked, drain in a colander and allow to cool.

3 Place a wide saucepan on high heat and add a splash of **oil**. When the **oil** is hot, add your **kohlrabi**, **carrot**, **celery** and **onion** to the pan. Season with a pinch of **salt** and **pepper** and then pop the lid on the pan. Reduce the heat to medium and cook for 7-10 mins with the lid on.

4 Next, prepare the **duck breasts** by scoring the skin gently in a criss cross pattern. **Tip:** *Scoring the skin will help with melting the duck fat that is underneath the skin.*

6



5 When your veggies have been cooking for 7-10mins, remove the lid, add your **garlic** and **balsamic vinegar** and cook until your **balsamic vinegar** has evaporated. Add the **chicken stock pot** and the **water** (amount as specified in the ingredient list). Stir to dissolve the **stock pot** and then leave your **veggies** to simmer in the stock for 10 mins or until soft enough to eat.

6 Season each **duck breast** with a pinch of **salt** and a grind of **black pepper**. Put them skin-side down into a frying pan on medium heat. As the heat of the pan melts the duck fat under the skin, drain the fat into a bowl. Cook for 5-7 mins, until the skin is golden-brown and crispy.

8



7 Turn your **duck** over, brown the flesh side and add your **orange juice** and **zest**. Roll your **duck** around in the **juice** and then transfer to a baking tray. Roast for 5-7 mins if you like your duck pink. Roast for 10-12 mins if you like it well done.

8 When your **duck** is ready, remove from the oven and leave to rest on your chopping board for a couple of mins. When your **veggies** are cooked, add your drained **lentils** to the pan and heat until piping hot. Taste to make sure you are happy with the seasoning and add more **salt** and **pepper** if necessary.

9 Finish your **lentils** by stirring in your **parsley** and then spoon into deep bowls. Slice each **duck breast** into five slices and place on top. Drizzle over the juices from the baking tray. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!