



# Duck Breast

with Pad Thai-Style Noodles



**CLASSIC** 30 Minutes • Little Heat • 1.5 of your 5 a day



Carrot



Leek



Lime



Garlic Clove



Salted Peanuts



Duck Breast



Noodles



Pad Thai Paste

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Fine Grater, Saucepan, Frying Pan, Baking Tray and Sieve.

### Ingredients

	2P	3P	4P
Carrot**	1	1½	2
Leek**	1	1½	2
Lime**	1	1½	2
Garlic Clove**	1	2	3
Salted Peanuts <b>1)</b>	1 pot	1 pot	1 pot
Duck Breast**	250g	375g	500g
Noodles <b>8) 13)</b>	2 nests	3 nests	4 nests
Pad Thai Paste <b>11) 13)</b>	1	1½	2

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	397g	100g
Energy (kJ/kcal)	2582 /617	650 /155
Fat (g)	20	5
Sat. Fat (g)	5	1
Carbohydrate (g)	62	16
Sugars (g)	14	4
Protein (g)	48	12
Salt (g)	2.22	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**1)** Peanut **8)** Egg **11)** Soya **13)** Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

### Contact

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## 1. Get Prepped

Preheat the oven to 200°C. Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Trim the root and the dark green leafy part from the **leek**. Quarter lengthways then thinly slice widthways. Zest the **lime** and cut into quarters. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **peanuts**. Bring a saucepan of **water** up to the boil for the **noodles**.



## 4. Finish the Stir-Fry

Add the **noodles**, **pad thai paste** and **half the lime zest** with a splash of **water** to the pan with the **vegetables**. Mix well and cook until everything is piping hot. Taste and add **salt** and **pepper** if needed.



## 2. Cook the Duck

Pop a frying pan on medium-high heat (no oil). Once hot, lay the **duck** in the pan skin-side down, fry until the skin is golden, 5 mins. Season with **salt** and **pepper**. Turn, cook for 1 minute on the flesh side to seal the **meat**. Remove to a baking tray skin-side up (Don't wash up your pan!) and roast on the top shelf of your oven until cooked, 10-12 mins. Once cooked, remove from your oven and rest in a warm place, (wrapped in kitchen foil if you have some) for 5 minutes. **IMPORTANT:** *The duck is cooked when it is no longer pink in the middle.*



## 5. Slice the Duck

Once the **duck** has cooked and rested, slice it into roughly 1cm thick pieces.



## 3. Cook the Vegetables

When the **water** is boiling, add a pinch of **salt** and the **noodles** and cook for 4 mins. Drain in a sieve. Meanwhile, carefully pour away some of the **duck fat** then return the pan to medium-high heat. When hot, add the **leek** and **carrot** and stir-fry until starting to soften, 5-6 mins, then add the **garlic** and cook for a further 1 minute.



## 6. Serve!

Divide the **noodles** between plates, top with the **sliced duck** and scatter over the remaining **lime zest** and **chopped peanuts**. Serve with **lime wedges**.

Enjoy!