



Duck Donburi Rice Bowl

with Pickled Radishes Sesame Carrot Salad and Stir-Fried Mangetout

Street Food 45 Minutes • 1 of your 5 a day

31



Confit Duck Leg



Jasmine Rice



Radish



Carrot



Garlic Clove



Ginger



Lime



Rice Vinegar



Sesame Seeds



Sesame Oil



Mangetout



Soy Sauce



Miso Paste



Ketjap Manis



Honey

Before you start

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

Cooking tools, you will need:

Baking Tray, Saucepan with Lid, Vegetable Peeler, Garlic Press, Grater, Bowl, Frying Pan.

Ingredients

	2P	3P	4P
Confit Duck Leg**	2	3	4
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Radish**	100g	100g	150g
Carrot**	1	2	2
Garlic Clove	1	2	2
Ginger	½	¾	1
Lime	1	1	1
Rice Vinegar	1 sachet	1½ sachets	2 sachets
Sugar for the Pickle*	1 tsp	1½ tsps	2 tsps
Sesame Seeds 3)	8g	11g	15g
Sesame Oil 3)	½ sachet	¾ sachet	1 sachet
Mangetout	150g	150g	300g
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Miso Paste 11)	15g	22g	30g
Ketjap Manis 11) 13)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	1 tbsp	1½ tsps	2 tsps

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	440g	100g
Energy (kJ/kcal)	2822/674	642/153
Fat (g)	21	5
Sat. Fat (g)	5	1
Carbohydrate (g)	91	21
Sugars (g)	26	6
Protein (g)	31	7
Salt (g)	3.46	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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

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Packed in the UK

The Fresh Farm

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1



Roast the Duck

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 a little **oil**. Pop on the top shelf of your oven and roast until golden and crispy, 25-30 mins. **IMPORTANT:** *The duck is cooked when piping hot throughout.*

2



Cook the Rice

Pour the **cold water** for the **rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).

3



Get Prepped

Trim and thinly slice the **radishes**. Trim the **carrot**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **carrot**. Stop when you get to the centre. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger** (see ingredients for amount). Cut the **lime** into **wedges**. In a small bowl, mix together the **rice vinegar**, **sugar** (see ingredients for amount) and a pinch of **salt**. Add the **radishes**, mix well and set aside.

4



Toast It

Heat a large frying pan over medium heat (no oil). Add the **sesame seeds** and toast until they are lightly golden, 1-2 mins. Stir frequently. **TIP:** *Watch them like a hawk as they can burn easily.* Pop half the **sesame seeds** into a medium bowl and the other half into a small bowl. Add the **sesame oil**, **half the ginger** and a squeeze of **lime juice** to the **sesame seeds** in the medium bowl, season with **salt** and **pepper** and mix together. Add the **carrot ribbons** and mix well to coat then set aside.

5



Cook the Mangetout

Heat a drizzle of **oil** in the frying pan on medium-high heat. Once hot, add the **mangetout**, season with **salt** and **pepper** and stir-fry until starting to brown, 2 mins. Add the remaining **ginger** and **garlic** and stir-fry for 1 more minute. Remove from the heat and cover to keep warm. Meanwhile, once ready, remove the **duck** from the oven and use two forks to pull the **meat** off the bone. Discard the bone.

6



Finish Up

Pop the **soy sauce**, **miso paste**, **ketjap manis** and **honey** into a saucepan with the **water for the sauce** (see ingredients for amount) over medium heat. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.* Bring to a simmer and stir until thickened, 1-2 mins. Add the **duck** and stir through the **sauce**. Divide the **rice** between bowls, top with the **duck** and its **sauce**, **pickled radishes**, **sesame carrots** and the **mangetout**. Scatter over the remaining **sesame seeds** and serve with any remaining **lime wedges** for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.