



Duck Leg Confit

with Bacon Potatoes, Caramelised Apples and Peashoot Salad

PREMIUM 40 Minutes

N° 13



Salad Potatoes



Bacon Lardons



Duck Leg Confit



Walnuts



Wholegrain Mustard



Lemon



Apple



Unsalted Butter



Chicken Stock Powder



Apple and Sage Jelly



Peashoots

Before you start

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

Basic cooking tools you will need:

Two Baking Trays, Mixing Bowl, Measuring Jug and Frying Pan.

Ingredients

	2P	3P	4P
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Bacon Lardons**	60g	90g	120g
Duck Leg Confit**	2	3	4
Walnuts 2)	1 pot	1 pot	1 pot
Wholegrain Mustard 9)	1 pot	1 pot	2 pots
Lemon**	½	1	1
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Apple**	1	2	2
Unsalted Butter 7)**	30g	30g	30g
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Water*	50ml	75ml	100ml
Apple and Sage Jelly	3 pots	4 pots	6 pots
Peashoots**	1 bag	1 bag	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	593g	100g
Energy (kJ/kcal)	4450/1064	751/180
Fat (g)	61	10
Sat. Fat (g)	20	3
Carbohydrate (g)	65	11
Sugars (g)	33	6
Protein (g)	64	11
Salt (g)	3.29	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 9) Mustard

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Roast the Potatoes

Preheat your oven to 200°C. Quarter the **salad potatoes**, pop them on a baking tray and drizzle with **oil**. Season with **salt** and **pepper**. Toss to coat, spread out and roast on the middle shelf of your oven until golden, 25-30 mins. Halfway through cooking, turn the **potatoes** and add the **bacon lardons** to the tray. **IMPORTANT: Cook the bacon lardons throughout.**



4. Caramelize the Apple

Chop each **apple** into eight wedges, remove the core. Heat the **butter** in a frying pan on medium heat. Add the **apple**, cook until browned all over, 6-8 mins. Turn every minute to make sure they colour evenly. Stir in the **chicken stock powder**, **water** (see ingredients for amount) and the **apple and sage jelly**. Cook until the **apple** is soft and the sauce is glossy, 3-4 mins. Remove from the heat, cover with foil to keep warm.



2. Cook the Duck

Meanwhile, remove the **confit duck** from its packaging and discard any excess fat. Place on another baking tray, skin-side up. Roast on the top shelf of your oven for 25 mins or until the skin is crispy. **IMPORTANT: Remember to wash your hands and equipment after handling raw meat. The duck is cooked when it is no longer pink in the middle.**



5. Finish Off

Do any washing up that needs doing whilst everything finishes cooking. When the **potato** and **duck** are a minute from being ready, dress the **pea shoots** with the **mustardy dressing**.



3. Make the Dressing

Roughly chop the **walnuts** and pop them in a mixing bowl. Add the **wholegrain mustard**. Halve the **lemon** and squeeze in the **lemon juice** and the **olive oil** (see ingredients for amount). Set aside - we'll dress the pea shoots later!



6. Serve

Share the **bacon potatoes** between your plates. Serve the **pea shoots** alongside. Sit the **confit duck leg** on top of the **potatoes**, spoon the **apple sauce** over the **duck** and arrange the **caramelised apples** in an artistic fashion.

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.