



# Duck Leg Confit

with Bacony Potatoes, Caramelised Apples and Pea Shoot Salad

Premium 40 Minutes • Little Spice

N° 27



Salad Potatoes



Bacon Lardons



Confit Duck Leg



Walnuts



Wholegrain Mustard



Lemon



Braeburn Apple



Unsalted Butter



Chicken Stock Paste



Apple and Sage Jelly



Pea Shoots

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Mixing Bowl, Frying Pan, and Aluminum Foil.

## Ingredients

	2P	3P	4P
Salad Potatoes**	350g	500g	700g
Bacon Lardons**	60g	90g	120g
Confit Duck Leg**	2	3	4
Walnuts 2)	40g	40g	80g
Wholegrain Mustard 9)	1 pot	1 pot	2 pots
Lemon**	½	1	1
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Braeburn Apple**	1	2	2
Unsalted Butter 7)**	30g	30g	30g
Chicken Stock Paste	10g	15g	20g
Water*	50ml	75ml	100ml
Apple and Sage Jelly	3 pots	4 pots	6 pots
Pea Shoots**	40g	40g	80g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	516g	100g
Energy (kJ/kcal)	3941/942	765/183
Fat (g)	58	11
Sat. Fat (g)	18	4
Carbohydrate (g)	64	12
Sugars (g)	33	6
Protein (g)	44	9
Salt (g)	2.90	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

2) Nut 7) Milk 9) Mustard

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.

## Contact

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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.

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. Drizzle with **oil** and roast on the top shelf of your oven for 25-30 mins. **IMPORTANT:** *The duck is cooked when piping hot throughout.*

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!

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 wedges**, cook until browned all over, 6-8 mins. Turn every minute to make sure they colour evenly. Stir in the **chicken stock paste**, **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.

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**.

6



## Serve

Share the **bacony 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 **caramelized apples** on top.

Bon appetit!

*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.