



Duck Ragu Tagliatelle

with Rosemary Crumb and Roasted Tenderstem

Premium 40 Minutes • 2 of your 5 a day

28



Onion



Garlic Clove



Rosemary



Confit Duck Leg



Panko Breadcrumbs



Tomato Puree



Tomato Passata



Red Wine Stock Paste



Fresh Tagliatelle



Purple Sprouting Broccoli



Grated Hard Italian Style Cheese

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Garlic Press, Baking Tray, Frying Pan, Bowl, Measuring Jug and Saucepan.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	3	5	6
Rosemary**	1 bunch	1 bunch	1 bunch
Confit Duck Leg**	2	3	4
Panko			
Breadcrumbs 13)	25g	25g	50g
Tomato Puree	1 sachet	2 sachets	2 sachets
Water for the Sauce*	250ml	375ml	500ml
Sugar*	½ tsp	¾ tsp	1 tsp
Tomato Passata	1 carton	2 cartons	2 cartons
Red Wine Stock Paste 14)	1 sachet	2 sachets	2 sachets
Fresh Tagliatelle 8) 13)	200g	300g	400g
Purple Sprouting Broccoli**	200g	300g	400g
Grated Hard Italian Style Cheese 7) 8)**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	574g	100g
Energy (kJ/kcal)	3010 / 719	525 / 125
Fat (g)	26	5
Sat. Fat (g)	9	2
Carbohydrate (g)	69	12
Sugars (g)	19	3
Protein (g)	52	9
Salt (g)	3.58	0.62

Nutrition for uncooked ingredients based on 2 person recipe.
The above nutritionals are based on 130g of Duck Confit per person.

Allergens

7) Milk **8)** Egg **13)** Gluten **14)** Sulphites

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.

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Roast the Duck

Preheat your oven to 200°C. Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a **garlic press**). Pick the **rosemary leaves** from their stalks and roughly chop (discard the **stalks**). Remove the **confit duck legs** from their packaging and place on a baking tray skin side-up. Roast on the top shelf of your oven for 25-30 mins. **IMPORTANT:** *The duck is cooked when piping hot throughout.*



Prep the Broccoli

Bring a medium saucepan of **water** up to the boil with ½ tsp **salt**. When boiling, add the **tagliatelle** and cook until tender, 3-4 mins. Once cooked, drain in a colander, pop back in the pan and drizzle with **oil** and stir through to stop it sticking together. Once the **duck** is cooked, remove from your oven and pop on a board. Put the **broccoli** on your baking tray (no need to wash). Drizzle with **oil** and season with **salt** and **pepper**. Roast on the top shelf of your oven until tender and crispy, 10-12 mins.



Cook the Crumb

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once the **oil** is hot, add the **rosemary** and **breadcrumbs**. Season with **salt** and **pepper** and cook, stirring regularly, until lightly toasted, 3-4 mins. **TIP:** *Watch them like a hawk as they can burn easily.* Once cooked, remove the **toasted crumbs** to a bowl and set aside.



Finish the Ragu

Once the **duck** is on your board, use a fork to pull the **meat** off the bone. Discard the bone. Add the **duck** to the **sauce** and stir together. Bring to the boil and simmer until piping hot. Add **three quarters** of the **cheese** to the **sauce**, then taste and add **salt** and **pepper** if you feel it needs it. **TIP:** *Add a splash of water too if the liquid has evaporated too much.* Add the drained **tagliatelle** to the **sauce** and combine.



Cook the Sauce

Pop your pan back on medium-high heat and add another drizzle of **oil**. Add the **onion** and cook until nicely softened, 5-6 mins. Stir occasionally. Stir in the **garlic** and **tomato puree** and cook for 1 minute. Add the **water**, **sugar** (see ingredients for both amounts), **tomato passata** and **red wine stock paste**. Season with **salt** and **pepper**, bring to the boil and simmer until the **sauce** has thickened, 8-10 mins.



Serve!

Serve the **pasta** in bowls and top with the remaining **cheese**, **broccoli** and a sprinkling of **rosemary crumb**.

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.