



Duck Tacos and Plum Sauce, with Sesame Wedges, Cucumber and Pickled Radishes

Street Food 40 Minutes • Little Spice • 2 of your 5 a day

N° 29



Confit Duck Leg



Chinese 5 Spice



Potatoes



Sesame Seeds



Plum



Hoisin Sauce



Honey



Soy Sauce



Radish



Rice Vinegar



Cucumber



Spring Onion



Soft Shell Taco

Before you start

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

Cooking tools, you will need:

Baking Tray, Saucepan, Wooden Spoon, Bowl.

Ingredients

	2P	3P	4P
Confit Duck Leg**	2	3	4
Chinese 5 Spice	1 sachet	1 sachet	2 sachet
Potatoes**	450g	700g	900g
Sesame Seeds 3)	7.5g	11g	15g
Plum**	2	3	4
Hoisin Sauce 11)	2 sachet	3 sachet	4 sachet
Honey	1 sachet	2 sachet	2 sachet
Soy Sauce 11) 13)	½ sachet	¾ sachet	1 sachet
Radish**	100g	150g	200g
Sugar for the Pickle*	1 tsp	1½ tsps	2 tsps
Rice Vinegar	1 sachet	2 sachet	2 sachet
Cucumber**	½	¾	1
Spring Onion**	2	3	4
Soft Shell Taco 13)	6	9	12

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	598g	100g
Energy (kJ/kcal)	2334 / 558	390 / 93
Fat (g)	16	3
Sat. Fat (g)	4	1
Carbohydrate (g)	79	13
Sugars (g)	28	5
Protein (g)	28	5
Salt (g)	3.08	0.52

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.

Contact

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HelloFresh UK

Packed in the UK

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You can recycle me!



1



Get Started

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 **oil** and scatter over **half** the **Chinese 5 Spice** and rub all over the **duck**. Chop the **potatoes** into 2cm wide **wedges** (no need to peel). Pop the **wedges** on a large baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Sprinkle over the **sesame seeds**, toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary, you want the **wedges** nicely spread out.

2



Roast the Duck

Roast the **duck** on the top shelf of your oven and the **wedges** on the middle shelf until the **duck** is crispy and the **wedges** are golden, 25-30 mins. Turn the **wedges** halfway through cooking. **IMPORTANT:** The duck is cooked when piping hot.

3



Plum Sauce Time

Meanwhile, halve the **plums**, remove the stone and chop the flesh into 1cm pieces. Heat a drizzle of **oil** in a medium saucepan over medium heat. Once hot, add the **plums** and remaining **Chinese 5 Spice** and cook, stirring regularly until softened, 4-5 mins. Once softened, add the **hoisin sauce**, **honey**, **soy sauce** and **water** (see ingredients for amount). Simmer until the **plums** have completely softened and the **sauce** has thickened, 10-12 mins. Stir regularly to make sure it doesn't burn. **TIP:** Taste and add a pinch of sugar if you would like it to be a bit sweeter. Once cooked, transfer to a small bowl to cool.

4



Finish the Prep

Meanwhile, trim and thinly slice the **radishes**. 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. Trim the **cucumber** then halve lengthways. Chop into roughly ½ cm wide, 5cm long batons. Trim the **spring onions** then slice thinly.

5



Finish Up

When everything is nearly ready, pop the **tacos** into the oven until warmed through, 2-3 mins. Once the **duck** is ready, remove it from the oven and use two forks to pull the **meat** off the bone and shred finely. Discard the bone.

6



Serve

Pop the shredded **duck** onto a large plate with the warmed **tacos** alongside. Pop the **sesame wedges** on another plate. Drain the liquid from the pickled **radishes** and serve them in a small bowl with the **cucumber**, **spring onion** and **plum sauce** alongside. Let everyone assemble their **duck tacos** with the **duck** at the base, crunchy **veg** on top and **plum sauce** drizzled on top.

Enjoy!