



# DUKKAH CRUSTED DUCK

WITH ROASTED BUTTERNUT, SUMAC AND FETA

SPECIALITY INGREDIENT



HELLO DUKKAH

*In Arabic, dukkah literally means 'to pound' because this is how the mixture of nuts and spices are combined.*



Butternut Squash



Red Onion



Duck Breast



Honey



Feta Cheese



Cider Vinegar



Olive Oil



Sumac



Rocket



Dukkaah Spice Mix

MEAL BAG

40 mins

3.5 of your 5 a day

Little heat

Tonight's dinner is a veritable explosion of colour and flavour. Sweet roasted butternut squash, peppery rocket, tangy sumac and salty feta make a bed for deliciously crispy-skinned duck. It's finished with dukkah, that gorgeous Middle Eastern mixture of roasted nuts and spices. Duck and dukkah, such a good combination it surely can't be a coincidence that their names are so similar?

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Trays**, a **Frying Pan**, some **Foil** and a **Mixing Bowl**. Now, let's get cooking!



## 1 PREP THE VEGGIES

Preheat your oven to 200°C. Halve the **butternut squash** lengthways (no need to peel!) and scoop out the seeds. Chop into 1cm cubes. Halve the **red onion** (leaving the root on), then peel and chop into wedges (four per half).



## 2 ROAST THE SQUASH

Put the **squash** on a lined baking tray and drizzle over some **oil**. Season with a pinch of **salt** and a grind of **pepper** and toss to coat. Place on the top shelf of your oven. Roast until soft, 30-35 mins. After 20 mins, add the **onion** to the baking tray, carefully toss together and roast until browned, 15 mins.



## 3 SCORE THE DUCK

Meanwhile, heat a frying pan on medium-high heat. While the pan gets hot, pop the **duck breast** on a chopping board skin-side up. Use a sharp knife to make criss crosses on the skin (don't cut through to the flesh), four lines going one way and four going the other way diagonally. Season both sides of each **duck breast** with a pinch of **salt** and **pepper**.



## 4 GET COOKING!

Lay the **duck** skin-side down in your pan. Cook until the skin is crisp, 6-7 mins, turn and brown the flesh side for 1 minute. Place on another baking tray (skin-side up). Pop the baking tray on the middle shelf of your oven and roast for 8-10 mins. **★ TIP:** *Cook for a couple mins more if you want it less rare.* When done, remove from your oven and drizzle on the **honey**. Wrap loosely in foil to keep warm.



## 5 FINISH OFF

Break the **feta** into small chunks roughly 1cm in size. Make the **dressing** for the rocket in a mixing bowl by adding the **cider vinegar** to the **olive oil** (amount specified in the ingredient list). Whisk together using a fork. Season with **salt** and **pepper** and add **half** of the **sumac**, whisk again. When the **butternut** and **onion** are cooked, remove from the oven and sprinkle over the remaining **sumac**.



## 6 SERVE

Cut each **duck breast** into six thin slices. Add the **rocket** to the **sumac dressing** and toss together. Lay the **rocket** out on your plates. Nestle the **butternut** and **onion** amongst the **rocket**, then add the **feta**. Place the **sliced duck** on top and drizzle over any juices left in the foil. Sprinkle the **dukkah spice mix** over the **duck**. **Enjoy!**

# 2 PEOPLE INGREDIENTS

Butternut Squash, chopped	1
Red Onion, chopped	1
Duck Breast	2
Honey	1 tbsp
Feta Cheese 7)	1 block
Cider Vinegar 14)	1 tbsp
Olive Oil*	2 tbsp
Sumac	2 tsp
Rocket	1 bag
Dukkah Spice Mix 1) 2) 3) 10)	1 tbsp

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 667G	PER 100G
Energy (kcal)	669	128
(kJ)	2805	536
Fat (g)	42	8
Sat. Fat (g)	13	3
Carbohydrate (g)	29	6
Sugars (g)	20	4
Protein (g)	47	9
Salt (g)	1.77	0.34

## ALLERGENS

1) Peanut 2) Nut 3) Sesame 7) Milk 10) Celery  
14) Sulphites

**Dukkah Spice Mix:** Sesame seeds, Almonds, Hazelnuts, Peanuts, Walnuts, Pumpkin seeds, Sunflower seeds, Poppy seeds, Thyme, Coriander, Cumin, Celery salt, Black pepper, Paprika, Cayenne.

## PAIR THIS MEAL WITH

A full bodied red like a Pinot Noir

**Wash your hands before and after handling. Wash fruit and vegetables - but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.**

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