



# Dukkah-Crusted Duck

with a Roasted Butternut Salad and Sumac Dressing

N° 13

**PREMIUM** 40 Minutes • 1.5 of your 5 a day • Little Heat



Butternut Squash



Red Onion



Duck Breast



Honey



Feta Cheese



Cider Vinegar



Sumac



Rocket



Dukkah Spice Mix

## Before you start

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

### Basic cooking tools, you will need:

Two Baking Trays, a Frying Pan, some Foil and a Mixing Bowl. Now, let's get cooking!

### 2|3|4 People-Ingredients

	2P	3P	4P
Butternut Squash	1	1	1
Red Onion	1	2	2
Duck Breast	2	3	4
Honey	1 sachet	1½ sachets	2 sachets
Feta Cheese <b>7)</b>	1 block	1½ blocks	2 blocks
Cider Vinegar <b>14)</b>	1 sachet	1½ sachets	2 sachets
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Sumac	1 pot	1½ pots	2 pots
Rocket	1 bag	1½ bags	2 bags
Dukkah Spice Mix <b>1) 2) 3) 10)</b>	1 pot	1½ pots	2 pots

\*Not Included

### Nutrition

	Per serving	Per 100g
<b>For uncooked ingredients</b>	<b>518g</b>	<b>100g</b>
Energy (kJ/kcal)	2638 /631	509 /122
Fat (g)	37	7
Sat. Fat (g)	13	3
Carbohydrate (g)	29	6
Sugars (g)	19	4
Protein (g)	47	9
Salt (g)	1.50	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

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

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### Contact

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### 1. Prep the Veggies

Preheat your oven to 200°C. Trim the **butternut squash** then halve lengthways and scoop out the seeds. Chop it widthways into 2cm wide lengths, then chop into 2cm chunks (no need to peel!). Halve and peel the **red onion** then chop into eight wedges.



### 2. Roast the Squash

Put the **squash** on a baking tray and drizzle with **oil**. Season with a pinch of **salt** and **pepper** and toss to coat. Spread them out evenly then roast on the top shelf of your oven until soft, 30-35 mins. After 20 mins, add the **onion** to the baking tray, carefully toss together and return to the oven for the remainder of the time.



### 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 good pinch of **salt** and **pepper**.



### 4. Get Cooking!

When the pan is hot, lay the **duck** in skin-side down and fry until the skin is golden, 5 mins. Turn, cook for 1 minute on the flesh side to seal the **meat**. Remove to a baking tray skin-side up and roast on the top shelf of your oven until cooked, 15 mins. Once cooked, remove from the oven, pop on a plate, drizzle with the **honey** and cover with foil. Rest in a warm place for 10 minutes.

**IMPORTANT:** The duck is cooked when it is no longer pink in the middle.



### 5. Finish Off

Meanwhile, roughly crumble the **feta** into small chunks, set aside. Make the **dressing** for the **rocket** in a large bowl by whisking together the **cider vinegar**, **olive oil** (see ingredients for amount), **half the sumac** and a pinch of **salt** and **pepper**. When the **butternut squash** 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!**