

Dukkah-Crusted Duck

with a Roasted Butternut Salad and Sumac Dressing

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







Butternut Squash



Red Onion



Duck Breast







Cider Vinegar







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 7)	1 block	1½ blocks	2 blocks
Cider Vinegar 14)	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 1) 2) 3) 10)	1 pot	1½ pots	2 pots

^{*}Not Included

Nutrition

	Per serving	Per 100g
For uncooked ingredients	518g	100g
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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Packed in the UK



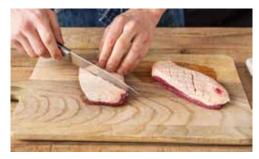
1. Prep the Veggies

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!