



# DUKKAH CRUSTED DUCK

WITH ROASTED BUTTERNUT, SUMAC AND FETA

SPECIALITY INGREDIENT



HELLO SUMAC

*This tangy Middle Eastern spice is made from dried and crushed berries.*



Butternut Squash



Red Onion



Duck Breast



Honey



Feta Cheese



Cider Vinegar



Olive Oil



Sumac



Rocket



Dukkah Spice Mix

40 mins

2 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! Preheat your oven to **200°C**. Make sure you've got two **Baking Trays**, a **Frying Pan** and some **Foil**.



### 1 PREP THE VEGGIES

Halve the **butternut squash** lengthways and scrape out the seeds with a spoon (no need to peel). 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 baking tray and drizzle over some **oil**. Season with a pinch of **salt** and a grind of **black pepper** and toss to coat. Pop 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.



### 4 GET COOKING!

Once the pan is hot, lay in the **duck** skin-side down. Cook until the skin is golden and crispy, 6-7 mins. Turn and brown the flesh side. Transfer to a baking tray (skin-side up). Don't wash the pan. Roast on the middle shelf of your oven for 8-10 mins for medium-rare.

★ **TIP:** Leave in for a couple mins more if you want it less rare. Once cooked, remove from your oven and drizzle on the **honey**. Cover with foil and leave to rest.



### 5 MAKE THE DRESSING

Break the **feta** into small chunks roughly 1cm in size. Make the dressing for the **rocket** by mixing the **cider vinegar** with the **olive oil** (amount specified in the ingredient list). Season with **salt** and **black pepper** and add half of the **sumac**, mix again. When the **butternut** and **onion** are cooked, remove from the oven and sprinkle on the remaining **sumac**.



### 3 PREP THE DUCK

Heat a frying pan on medium-high heat. While the pan gets hot, pop the **duck** 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 **black pepper**.



### 6 SERVE

Slice each **duck breast** into six pieces. Add the **rocket** to your **sumac dressing** and toss together. Lay the **rocket** out on your plates. Nestle the **butternut** and **onion** amongst the **rocket** and then sprinkle on the **feta**. Sit the **duck** on top and drizzle over the juices from your frying pan. Sprinkle the **dukkah spice** over and

## ENJOY!

## 2 PEOPLE INGREDIENTS

Butternut Squash, chopped	1
Red Onion, wedges	1
Duck Breast	2
Honey	1 tbsp
Feta Cheese 7)	1 block
Cider Vinegar 12)	1 tbsp
Olive Oil*	2 tbsp
Sumac	2 tsp
Rocket	1 bag
Dukkah Spice Mix 5) 8) 9) 11)	1 tbsp

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	761	111
(kJ)	3197	466
Fat (g)	41	6
Sat. Fat (g)	14	2
Carbohydrate (g)	40	6
Sugars (g)	25	4
Protein (g)	62	9
Salt (g)	2.44	0.36

### ALLERGENS

5)Peanuts 7)Milk 8)Nuts 9)Celery 11)Sesame 12)Sulphites

### PAIR THIS MEAL WITH

A butch red such as a Barolo.



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