



# HOISIN DUCK STIR-FRY

with Egg Noodles and Red Pepper



## HELLO HOISIN

*This sauce's name means 'seafood' despite not containing any!*



Red Pepper



Echalion Shallot



Coriander



Lime



Egg Noodles



Confit Duck Leg



Hoisin Sauce



Soy Sauce

30 mins

Fresh, flavoursome and easy to cook, the reasons why we love this 30-minute hoisin duck stir-fry are endless. In this recipe, we've used pre-cooked duck confit legs to help you get full on flavour in double quick time - simply shred the meat and add it straight to your veg-filled frying pan. Finish by coating everything with the glossy hoisin sauce and serve piping hot with a sprinkling of fresh coriander. Delicious!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Fine Grater, Colander** and **Frying Pan** (or **Wok**). Now, let's get cooking!



### 1 DO THE PREP

Put a large saucepan of water with a pinch of salt on to boil for the noodles. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve, peel and thinly slice the **shallot**. Roughly chop the **coriander** (stalks and all). Zest the **lime**, then cut in half.



### 2 COOK THE NOODLES

When the **water** is boiling add the **noodles** to the pan and cook for 4 mins. When cooked, drain in a colander, return to the pan (off the heat) and cover with cold water. Keep to one side. **★ TIP:** *The cold water stops the noodles sticking together or cooking further.*



### 3 SHRED THE DUCK

Meanwhile, open the packet of **confit duck**. Scrape off and discard any liquid or fat. Remove the skin with your fingers, then pull the **meat** from the bones. Discard the bones and skin. Break up the **meat** with your fingers.



### 4 START THE STIR-FRY

Heat a splash of **oil** in a frying pan or wok over high heat. Add the **pepper** and **shallot** and fry until beginning to soften, 2-3 mins. Lower the heat to medium and add the **shredded duck**. Cook until the **duck** is piping hot, another 3-4 mins.



### 5 FINISH OFF

Add the **hoisin sauce** and stir well. Add the drained **noodles** and toss together until all the ingredients are coated in the **sauce**. Stir in the **soy sauce**, **lime zest**, a splash of **water** and a squeeze of **lime juice**. Bring to a bubble and cook until everything is piping hot, 1-2 mins.



### 6 SERVE

Share the **hoisin duck stir-fry** between you plates and finish with a sprinkling of **coriander**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Pepper *	1	2	2
Echalion Shallot *	1	2	2
Coriander *	1 bunch	1 bunch	1 bunch
Lime *	1	1½	2
Egg Noodles 8) 13)	2 nests	3 nests	4 nests
Confit Duck Leg *	2	3	4
Hoisin Sauce 11) 13)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 469G	PER 100G
Energy (kJ/kcal)	3397 / 812	724 / 173
Fat (g)	31	7
Sat. Fat (g)	8	2
Carbohydrate (g)	74	16
Sugars (g)	25	5
Protein (g)	62	13
Salt (g)	5.68	1.21

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

8) Egg 11) Soya 13) Gluten

**🧼** 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.

### 👍 THUMBS UP OR THUMBS DOWN?

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