



Honey & Soy Glazed Duck Breast

with Bok Choy, Coriander Jasmine Rice and Cucumber Salsa

Premium 20 Minutes • 1 of your 5 a day

30



Bok Choy



Garlic Clove



Coriander



Salted Peanuts



Cucumber



Jasmine Rice



Duck Breast



Rice Vinegar



Soy Sauce



Honey

Before you start

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

Cooking tools, you will need:

Garlic Press, Saucepan, Lid, Kitchen Paper, Frying Pan, Baking Tray and Aluminium Foil.

Ingredients

	2P	3P	4P
Bok Choy**	1	1½	2
Garlic Clove**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Salted Peanuts 1)	25g	40g	50g
Cucumber**	½	¾	1
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Duck Breast**	2	3	4
Rice Vinegar	1 sachet	1½ sachets	2 sachets
Sugar*	2 tsp	3 tsp	4 tsp
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Soy Sauce 11) 13)	25ml	37ml	50ml
Honey	2 sachets	3 sachets	4 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	463g	100g
Energy (kJ/kcal)	3215 / 769	695 / 166
Fat (g)	22	5
Sat. Fat (g)	5	1
Carbohydrate (g)	82	18
Sugars (g)	19	4
Protein (g)	59	13
Salt (g)	3.50	0.76

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Prep Time

Preheat your oven to 200°C. Trim the **bok choy**, then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press).

Roughly chop the **coriander** (stalks and all). Roughly chop the **peanuts**.

Trim the **cucumber** (see ingredients for amount) then quarter lengthways. Chop widthways into small pieces.



Salsa Time

While the **duck** roasts, pop the **cucumber** into a large bowl.

Add the **rice wine vinegar**, **sugar** and **olive oil** (see ingredients for both amounts) and a pinch of **salt**.

Stir in **half** the **coriander** and then set aside.



Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Cook the Bok Choy

When the **duck** is resting, wipe out the the frying pan and pop it on high heat with a drizzle of **oil**.

Add the **bok choy** and stir-fry for 2-3 mins, then add the **garlic** and cook for 1 min more. Transfer the **bok choy** to a plate, then reduce the heat to medium.

Add the **soy sauce** and **honey**. Bubble away until reduced by two thirds, 2-3 mins. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**

Remove from the heat, then return the **rested duck** to the pan and coat it in the **glaze**.



Cook the Duck

Meanwhile, pop a frying pan on medium-high heat (no oil). Once hot, lay the **duck** in, skin-side down, and fry until golden, 5 mins.

Turn over and cook for 1 min to seal the flesh. Transfer to a baking tray, skin-side up, and roast on the top shelf of your oven until cooked, 15 mins.

Once cooked, transfer to a plate. Cover and rest for 10 mins. **IMPORTANT: Wash your hands after handling raw duck and its packaging. The duck is cooked when no longer pink in the middle.**



Finish and Serve

Fluff up the **rice** with a fork and stir in the remaining **coriander**, then share between your bowls.

Slice the **duck** into six and lay on the **rice** with the **bok choy**.

Drizzle over the remaining **glaze**, then spoon the **cucumber salsa** alongside and finish with a sprinkling of **crushed peanuts**.

Enjoy!