



HONEYED DUCK BREAST

WITH ASIAN FRIED BOK CHOY, MUSHROOMS AND JASMINE RICE

SPECIALITY INGREDIENT



HELLO BOK CHOY

Pak choi, bok choi and bok choy are all the same thing! They are just different spellings for this Chinese cabbage.



Garlic Clove



Red Chilli



Coriander



Lime



Star Anise



Jasmine Rice



Duck Breast



Honey



Bok Choy



Yellow and Grey Oyster Mushrooms



Soy Sauce

MEAL BAG

40 mins

...of your 5 a day

Medium heat

13

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Large Saucepan, Fine Grater, Large Frying Pan, Baking Tray** and some **Foil**. Now, let's get cooking!



1 PREP TIME

Preheat your oven to 220°C. Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. Meanwhile, peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed and finely chop. Roughly chop the **coriander** (stalks and all). Zest the **lime** then chop into wedges.



2 COOK THE RICE

When the **water** is boiling, stir in the **star anise** and the **jasmine rice**. Bring back to the boil, then lower the heat to medium-low, pop a lid on the pan and cook for 10 mins. Remove the pan from the heat and leave to the side for another 10 mins. **★ TIP:** *The rice will continue to cook in its own steam.*



3 FRY THE DUCK

Meanwhile, put a large frying pan on medium-high heat (no oil). Season the **duck breasts** on both sides with **salt** and **pepper**. When hot, lay the **duck breasts** in the pan, skin-side down. Leave to cook until the skin is golden, 4-5 mins, then turn over and brown for 1 more minute on the flesh side.



4 ROAST THE DUCK

Transfer the **duck** to a baking tray (keep the pan!), skin-side up, drizzle with the **honey** then roast on the top shelf of your oven for 8-10 mins. **★ TIP:** *This will give you a medium-rare duck; if you prefer it more well done, leave to roast in the oven for a further 3-4 mins.*



5 STIR-FRY

Once the **duck** is in the oven, finely slice the **bok choy** widthways. Chop any large **mushrooms** in half (leave the smaller ones whole). Return the pan (keep the fat) to high heat. Add a pinch of **chilli**, **half** the **coriander** and a pinch of **lime zest**. Stir-fry for 1 minute, then add the **garlic**, **bok choy** and **mushrooms**. Stir-fry for another 3-4 mins. Stir in the **soy sauce**, a squeeze of **lime juice** and a pinch of **sugar** (if you have any).



6 SERVE

When the **duck** is cooked, transfer to a board, cover loosely with foil and leave to rest for a few mins before slicing into five pieces. Season the **veggies** to taste with **salt** and **pepper** - add a squeeze more **lime juice** if it needs it. Fluff up the **rice** with a fork (removing the **star anise**!) then serve in bowls topped with the **veggies**. Finish with the **duck** and a final sprinkling of **coriander** and **chilli** for those who like a kick. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

| | 2P | 3P | 4P |
|--------------------|----------|------------|-----------|
| Water* | 300ml | 450ml | 600ml |
| Garlic Clove | 1 | 2 | 2 |
| Red Chilli | ½ | ¾ | 1 |
| Coriander | 1 bunch | 1 bunch | 1 bunch |
| Lime | 1 | 1½ | 2 |
| Star Anise | 1 | 1 | 2 |
| Jasmine Rice | 150g | 225g | 300g |
| Duck Breast | 2 | 3 | 4 |
| Honey | 1 sachet | 1½ sachets | 2 sachets |
| Bok Choy | 1 | 2 | 2 |
| Yellow and Grey | 1 | 1½ | 2 |
| Oyster Mushrooms | 1 punnet | 1½ punnets | 2 punnets |
| Soy Sauce (1) (13) | 1 sachet | 2 sachets | 2 sachets |

*Not Included

| NUTRITION PER UNCOOKED INGREDIENT | PER SERVING 543G | PER 100G |
|-----------------------------------|------------------|----------|
| Energy (kcal) | 569 | 105 |
| (kJ) | 2379 | 439 |
| Fat (g) | 13 | 2 |
| Sat. Fat (g) | 3 | 1 |
| Carbohydrate (g) | 68 | 13 |
| Sugars (g) | 9 | 2 |
| Protein (g) | 43 | 8 |
| Salt (g) | 2.44 | 0.45 |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

11) Soya 13) Gluten

PAIR THIS MEAL WITH

A full bodied red like a Pinot Noir

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.

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