



# Loaded Pulled TeriQuacki Duck with Salt and Pepper Wedges

Street Food 40 Minutes • Little Spice • 1 of your 5 a day

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Confit Duck Leg



Potatoes



Radish



Rice Vinegar



Bell Pepper



Spring Onion



Garlic Clove



Black Peppercorns



Salted Peanuts



Coriander



Chinese Five Spice



Chilli Flakes



Teriyaki Sauce

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Bowl, Measuring Spoon, Garlic Press, Frying Pan, Wooden Spoon.

## Ingredients

	2P	3P	4P
Confit Duck Leg**	2	3	4
Potatoes**	700g	900g	1400g
Radish**	50g	75g	100g
Rice Vinegar	1 sachet	2 sachets	2 sachets
Sugar for the Pickle*	½ tsp	½ tsp	½ tsp
Bell Pepper***	1	2	2
Spring Onion**	1	2	2
Garlic Clove	1	2	2
Black Peppercorns	1 sachet	1 sachet	2 sachets
Salted Peanuts <b>1)</b>	25g	40g	50g
Coriander**	1 bunch	1 bunch	1 bunch
Chinese Five Spice	1 sachet	1 sachet	2 sachets
Chilli Flakes	1 pinch	1 pinch	2 pinches
Teriyaki Sauce <b>1)</b>	75g	100g	150g

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>667g</b>	<b>100g</b>
Energy (kJ/kcal)	3013 /720	452 /108
Fat (g)	25	4
Sat. Fat (g)	6	1
Carbohydrate (g)	85	13
Sugars (g)	18	3
Protein (g)	43	6
Salt (g)	2.74	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

1) Peanut 11) Soya

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

Thumbs up or thumbs down?

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HelloFresh UK

Packed in the UK

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You can recycle me!



## Roast the Duck

Preheat your oven to 200°C. Remove the **confit duck legs** from their packaging, place onto a baking tray, skin-side up, and drizzle with a little **oil**. When hot, roast on the middle shelf of your oven until the duck skin is crispy, 25-30 mins.



## Roast the Wedges

Chop the **potatoes** lengthways into 2cm slices, then chop into 2cm wide **wedges** (no need to peel). Pop the **wedges** onto a large, low-sided, wide baking tray. Drizzle with **oil**, season with **salt**, then toss to coat. Spread out in a single layer and, when hot, roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through. **TIP: Use two baking trays if necessary - you want the wedges nicely spread out.**



## Finish the Prep

While everything cooks, trim and thinly slice the **radishes**. Pop the **radishes** into a small bowl and add the **vinegar** and the **sugar** (see ingredients for amount). Add a pinch of **salt**, mix together and set aside. Halve the **pepper** and discard the core and seeds. Slice into thin strips, then chop into roughly 1cm pieces. Trim and thinly slice the **spring onion**. Peel and grate the **garlic** (or use a garlic press). Bash the sachets of **peppercorns** and **peanuts** with the back of a pan until crushed. Roughly chop the **coriander** (stalks and all).



## Make the Wedge Seasoning

Heat a drizzle of **oil** in a frying pan on medium-high heat. When hot, add the **bell pepper** and stir-fry until slightly charred, 4-5 mins. Season with **salt** then add the **garlic**, **spring onion**, **crushed peppercorns**, **Chinese five spice** and a pinch of **chilli flakes** (careful, they're hot). Stir and cook for 1-2 mins, then remove from the heat and pop the **mixture** into a bowl.



## Finish the Duck

Once the **duck** is ready, remove it from the oven and use two forks to pull the **meat** off the bone and shred finely. Discard the bone. Pop your pan back on medium heat and add the **duck** and **teriyaki sauce**. Stir together and cook until piping hot, 1-2 mins. Remove from the heat. Once the **wedges** are cooked, remove them from the oven and add the **pepper mixture** to the tray, mixing everything together.



## Serve

Divide the **wedges** between your plates and top with the **duck**. Scatter over the **pickled radishes**, **coriander** and **peanuts** then tuck in.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.