



Mango Glazed Duck Breast with Paradise Rice

Premium 35 Minutes • Little Spice • 2 of your 5 a day

28



Bell Pepper

Carrot



Coriander



Lime



Red Chilli



Garlic Clove



Duck Breast



Basmati Rice



Chicken Stock Powder



Desiccated Coconut



Mango Chutney

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Grater, Garlic Press, Saucepan, Frying Pan, Bowl.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Carrot**	1	1	2
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Red Chilli**	½	1	1
Garlic Clove**	1	2	2
Duck Breast**	2	3	4
Basmati Rice	150g	225g	300g
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Desiccated Coconut	25g	25g	50g
Mango Chutney	2 sachets	3 sachets	4 sachets
Water for the Glaze*	2 tbsp	3 tbsp	4 tbsp
Water for the Rice*	300ml	450ml	600ml

*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
for uncooked ingredient	471g	454 g
Energy (kJ/kcal)	3331/796	708/169
Fat (g)	20	4
Sat. Fat (g)	10	2
Carbohydrate (g)	95	20
Sugars (g)	30	6
Protein (g)	57	12
Salt (g)	2.35	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

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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Prep Time!

Preheat your oven to 200°C. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **carrot** and grate on the coarse side of your grater. Roughly chop the **coriander** (stalks and all). Zest, then halve the **lime**. Halve the **chilli** lengthways, remove the seeds then finely chop. Peel and grate the **garlic** (or use a **garlic** press).



Duck Time

Pat the **duck** dry with kitchen paper. **IMPORTANT:** Wash your hands after handling raw duck and its packaging. Season the **duck** on both **sides** with **salt** and **pepper**. When the frying pan is hot, lay the **duck** in the pan (no oil), skin-side down, fry until the skin is golden, 5 mins. Turn, cook for 1 minute on the flesh side to seal the **meat**. Remove to a baking tray, skin-side up, and roast on the top shelf of your oven until cooked, 15 mins. **IMPORTANT:** The duck is cooked when it is no longer pink in the middle. Once cooked, remove from your oven and rest in a warm place, (covered loosely in tin foil if you have some) for 10 minutes



Start the Rice

Heat a drizzle of **oil** in a medium saucepan over medium heat. Once hot, add the **pepper** and cook until soft, 3-4 mins. Add the **garlic** and cook for 1 min. Stir in the **rice**. Add the **water** (see ingredients for amount) and **chicken stock powder**. Bring to the boil, lower the heat to medium and pop a lid on the pan. 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).



Make the Glaze

Meanwhile, give the frying pan a quick wash and then pop back on a low heat. Add the **mango chutney** along with the **water** for the **glaze** (see ingredients for amount). Heat, stirring, until the **mixture** bubbles then cook for 2 mins until shiny and sticky. Remove from the heat and stir in a pinch of **chilli** and a squeeze of **lime juice**. Remove the pan from the heat.



Toast the Coconut

Meanwhile, heat a medium frying pan/saucepan over medium heat (no **oil**) Once hot, add the **desiccated coconut** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch it like a hawk as it can burn easily. When golden, transfer to a bowl. We will add it to the **rice** later. Wipe out the pan and return it to a medium-high heat - it's time to cook the **duck**.



Finish off

When the **duck** is ready, remove from the oven and transfer to the pan with the **glaze**. Roll the **duck** in the **glaze** and leave to rest while you plate up. Fluff up the **rice** with a fork and stir in the **carrot**, **lime zest**, half the **coriander**, the remaining **lime juice** and **coconut**. Season to taste with **salt** and **pepper** if needed, then share between your plates. Thinly slice the **duck breasts** and lay alongside. Spoon the remaining **glaze** over the **duck**. Finish by sprinkling over the remaining **coriander** and a little more **chilli**.

Enjoy!