



ORANGE GLAZED DUCK

with Crushed Potato, Green Beans and Roasted Tomato



HELLO PARSLEY

Chewing parsley is said to help mitigate the effects on the breath of eating garlic!



Potato



Garlic Clove



Vine Tomato



Green Beans



Flat Leaf Parsley



Orange



Duck Breast

MEAL BAG

40 mins

2 of your 5 a day

Anthony and Cleopatra. Batman and Robin. Love and Marriage. Crime and Punishment. History and literature are full of iconic pairings, but one of our favourites has to be duck and orange. Some might call it retro, we say it's a classic. With this recipe you're going to learn how to melt the fat on the duck breasts. Cheffy types call this 'rendering' and it makes the skin lovely and crisp.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Saucepans** (one with a **Lid**), a **Fine Grater**, **Colander**, **Baking Tray**, **Frying Pan**, **Potato Masher** and some **Foil**. Now, let's get cooking!



1 DO THE PREP

Preheat your oven to 200°C. Put a large saucepan of **water** with a pinch of **salt** on to boil for the potato. Chop the **potato** into 2cm chunks (no need to peel!). Peel and grate the **garlic** (or use a garlic press). Halve the **tomato**. Trim the tops from the **green beans**. Roughly chop the **parsley** (stalks and all). Zest then juice the **orange**. In a small bowl, mix the **garlic** with a splash of **olive oil**, a pinch of **salt** and a grind of **pepper**.



2 SPUD AND TOMATO TIME

Pop the **potato** in the pan of boiling **water** and cook for 15-20 mins. **★ TIP:** *The potato is cooked when you can easily slip a knife through.* When cooked, drain in a colander and return to the pan. Put the lid on to keep it warm. Place the **tomato** halves on a baking tray, cut-side up, spoon the **garlic oil** on top. Roast on the middle shelf of your oven for 15-17 mins.



3 PREP THE DUCK

Prepare each **duck breast** by scoring the skin gently in a criss-cross pattern. **★ TIP:** *Scoring the skin will help to melt the duck fat under the skin.* Season with a pinch of **salt** and a grind of **pepper**. Put another saucepan of water onto boil, we will use this for the **beans** in a moment.



4 COOK THE DUCK

Heat a frying pan over medium heat, add the **duck**, skin-side down (no **oil!**). Drain the fat as it melts. Cook until the skin is golden, around 5-7 mins. Turn the **duck** over and brown the flesh side. Add the **orange zest** and **juice** to the pan. Bubble the sauce for a minute and coat the **duck** in the sauce. Transfer the **duck** to the **tomato tray** in the oven and roast for 5 mins. Keep the **orange sauce** in the pan off the heat.



5 CRUSH THE POTATO

When the duck goes in the oven, add the **green beans** to the other pan of boiling **water**. Cook until tender, 5 mins. While the **beans** cook, crush the **potato** with a potato masher or fork, mix in a pinch of **salt** and **pepper**, a splash of **olive oil** and **half** of the **parsley**. Cover with the lid to keep warm.



6 FINISH UP

Once the **duck** is ready, remove from the oven and wrap loosely in foil. Rest on a chopping board for 2 mins. Reheat the **orange sauce** on medium heat until piping hot. Share the **potato** between your plates with the **green beans** alongside. Slice the **duck** and pop on top of the **beans**. Finish with a **roasted tomato** and a sprinkling of remaining **parsley**. Drizzle the **orange sauce** over the duck. **Enjoy!**

2 PEOPLE INGREDIENTS

Potato, chopped	1 pack
Garlic Clove, grated	1
Vine Tomato, halved	2
Green Beans, trimmed	1 pack
Flat Leaf Parsley, chopped	1 small bunch
Orange	1
Duck Breast	2

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 632G	PER 100G
Energy (kcal)	479	76
(kJ)	2023	320
Fat (g)	13	2
Sat. Fat (g)	3	0
Carbohydrate (g)	54	8
Sugars (g)	11	2
Protein (g)	41	6
Salt (g)	0.40	0.06

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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