



PAN-FRIED DUCK

with Garlicky Kale & Mushrooms, Mash and Creamy Sauce



HELLO FLORA ORIGINAL

Flora Original contains absolutely no preservatives, artificial colours or flavours.



Potato



Flora Original



Soured Cream



Echalion Shallot



Garlic Clove



Closed Cup Mushrooms



Chicken Stock Powder



Duck Breast



Kale

MEAL BAG

40 mins
1.5 of your
5 a day

Luxurious and decadent yet ready on plates in six simple steps, our pan-fried duck is a midweek treat full of goodness. The duck is fried in a pan before roasting in the oven for a satisfyingly crisp outer texture and juicy, tender inside. Duck has a succulence which lends itself to sweeter flavours, but it can also work well with umami tastes like the sautéed mushrooms and kale in this recipe. With a side of velvety mash and a rich, creamy sauce, this is a show-stopper recipe without the fuss.

BEFORE YOU START

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



1 COOK THE POTATO

Bring a large saucepan of **water** to the boil with a pinch of **salt**. Preheat your oven to 180°C. Chop the **potato** into 2cm chunks (no need to peel). Add the **potatoes** to the pan of boiling **water**, simmer until tender, 15 mins. Once cooked, drain in a colander and pop back into the pan. Add a pinch of **salt** and **pepper**, the **Flora Original** and a **quarter** of the **soured cream**. Mash with a potato masher until smooth, cover with a lid and set aside.



2 DO THE PREP

Meanwhile, halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Thinly slice the **mushrooms**. Mix the **stock powder** with the **water** (see ingredients for amount). Season each **duck breast** on both sides with a pinch of **salt** and **pepper**. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



3 ROAST THE DUCK

Pop a frying pan on medium-high heat (no oil). Once hot, lay the **duck** in the pan 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. Once cooked, remove from your oven and rest in a warm place, (wrapped in tin foil if you have some) for 10 minutes.

! IMPORTANT: The duck is cooked when it is no longer pink in the middle.



4 FRY THE VEGGIES

Put the frying pan back on medium-high heat (don't wash it! you want to cook the veggies in the duck fat). When hot, add the **mushrooms** and a pinch of **salt** and **pepper**. Stir-fry until golden brown, 4-5 mins. Add the **garlic**, stir and cook for 1 minute more, then add the **kale**, a pinch of **salt** and **pepper** and a good splash of **water**. Stir-fry until the **kale** is soft, 4-5 mins. Cover with a lid or foil, remove from the heat and set aside.



5 MAKE THE SAUCE

Heat a drizzle of **oil** in a small saucepan on medium-high heat. When hot, add the **shallot** and stir-fry until soft and golden, about 3 mins. Pour in the **stock** and any **duck resting juices**, bring to the boil, then remove from the heat and stir in the remaining **soured cream** until completely combined. Taste and add **salt** and **pepper** if you feel it needs it.



6 FINISH AND SERVE

Thinly slice the **duck** and add any remaining **resting juices** to the **sauce**. Serve the **garlicky veggies** with the **duck** laid on top and the **mash** on the side. Spoon over the **sauce**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Flora Original	10g	20g	20g
Soured Cream 7) *	1 pouch	1½ pouches	2 pouches
Echalion Shallot *	1	1½	2
Garlic Clove *	1	2	2
Closed Cup Mushrooms *	1 small punnet	1 large punnet	2 small punnets
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Water*	50ml	75ml	100ml
Duck Breast *	2	3	4
Kale *	1 small bag	¾ large bag	1 large bag

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 589G	PER 100G
Energy (kJ/kcal)	2757 / 659	468 / 112
Fat (g)	33	6
Sat. Fat (g)	14	2
Carbohydrate (g)	51	9
Sugars (g)	6	1
Protein (g)	43	7
Salt (g)	1	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

Flora Ingredients: Plant oils (sunflower, rapeseed, palm, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.

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.

THUMBS UP OR THUMBS DOWN?

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