

# PAN-FRIED DUCK STEAK

with Charred Courgette and Orange Parsley Salsa





#### **HELLO ORANGE**

This delicious citrus fruit is a hybrid between a pomelo and a mandarin!



Flat Leaf Parsley







Water for the **Bulgar Wheat** 





Chicken Stock Pot **Bulgar Wheat** 





**Duck Steak** 

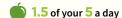


Water for the Orange Salsa



**Dukkah Spice Mix** 







We've given duck à l'orange a Middle Eastern twist in this deliciously simple recipe. Whilst duck breasts require a little more attention in the kitchen, the duck steaks in this recipe are really easy to cook. Get the pan nice and hot, pop the steaks in for a few minutes on each side and voila... quacking stuff! For a showstopper recipe without the fuss, this recipe comes out on top.

# **BEFORE YOU** START

Our fruit and veggies need a little wash before you use them! Make sure you've got a Fine Grater, Measuring Jug, Large Saucepan (with a Lid), two Frying Pans and some Foil. Now, let's get cooking!



## PREP TIME!

Boil your kettle. Pick the parsley leaves from their stalks and roughly chop. Finely chop the **stalks** (keep them separate). Remove the top and bottom from the courgette. Halve lengthways and slice each half lengthways into three strips. Chop them in half widthways so you have six **courgette** batons per person. Grate the **orange zes**t, then halve the orange and squeeze out the juice (but keep them separate).



# **COOK THE BULGAR**

Boil the water (amount specified in the ingredient list) in a large saucepan over high heat. Add half the chicken stock pot and the **parsley stalks**, stir to dissolve, then add the **bulgar** wheat. Cover with a lid, remove from the heat and leave for 10-15 mins, or until the water has completely soaked into the wheat.



#### **CHAR THE COURGETTE**

Heat a frying pan on medium-high heat (no oil!). Once the pan is hot, lay in the courgette and cook until charred, 3-4 mins on each side. **\* TIP:** Be brave, you want them a good brown colour. Once the **courgette** is charred, transfer to a bowl and cover with foil.

## \*Not Included

Flat Leaf Parsley, chopped

Water for the Bulgar Wheat\*

Water for the Orange Salsa\*

Dukkah Spice Mix 5) 8) 9) 11)

Courgette, chopped

Chicken Stock Pot

Bulgar Wheat 1)

Duck Steak

Honey

**NUTRITION PER PER SERVING PER 100G** Energy (kcal) 624 162 (kJ) 2613 678 Fat (g) 21 5 3 Sat. Fat (g) 1 Carbohydrate (g) 70 18 Sugars (g) 14 4 39 Protein (g) 10 Salt (g) 2.67 0.69

**INGREDIENTS** 

1 bunch

300ml

150g

1 pack

1 tbsp

50ml

1 tbsp

1 1/2

1

#### **ALLERGENS**

1)Gluten 5)Peanuts 8)Nuts 9)Celery 11)Sesame

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.



## PAN-FRY THE DUCK

At the same time, heat a drizzle of oil in another frying pan back on medium-high heat. Season the duck steaks with a pinch of salt, black pepper and the orange zest. Lay them in your hot pan and cook for 2-3 mins on each side. **\* TIP:** We like our duck a little pink but if you like yours well done just cook for a couple more mins on each side. Once cooked, remove to a board to rest. Cover with foil to keep warm.



# **MAKE THE SALSA**

Put your duck frying pan back on the hob and turn the heat to medium. Pour in the orange juice, honey, remaining chicken **stock pot** and **water** (amount specified in the ingredient list). Stir together, bring to the boil and simmer for 3 mins, then pour into a bowl with half the chopped parsley leaves. Add a drizzle of olive oil and stir your warm salsa together. Season with a pinch of salt and a grind of black pepper.



#### **FINISH AND SERVE**

Fluff up the **bulgar** wheat with a fork and then add the remaining parsley leaves and stir together. Taste and add salt and black **pepper** if you feel it needs it. Slice the **duck** into 1cm slices and serve on top of the **bulgar** wheat along with the charred courgette. Drizzle on your orange parsley salsa and then finish with a sprinkling of the dukkah spice mix. Enjoy!



#### 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. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

You made this, now show it off! Share your creations with us:











