



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



Courgette



Orange



Water for the Bulgur Wheat



Chicken Stock Pot



Bulgur Wheat



Duck Steak



Honey



Water for the Orange Salsa



Dukkah Spice Mix

MEAL BAG

30 mins

1.5 of your 5 a day

little heat

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!



1 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 zest**, then halve the **orange** and squeeze out the **juice** (but keep them separate).



4 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.



2 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.



5 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**.



3 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.



6 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!**

2 PEOPLE INGREDIENTS

| | |
|-------------------------------|---------|
| Flat Leaf Parsley, chopped | 1 bunch |
| Courgette, chopped | 1 |
| Orange | ½ |
| Water for the Bulgar Wheat* | 300ml |
| Chicken Stock Pot | 1 |
| Bulgar Wheat 1) | 150g |
| Duck Steak | 1 pack |
| Honey | 1 tbsp |
| Water for the Orange Salsa* | 50ml |
| Dukkah Spice Mix 5) 8) 9) 11) | 1 tbsp |

*Not Included

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

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.

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.

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