



Pulled Duck Tacos

with Chipotle Tomato Salsa and Pickled Red Onion

Street Food 40 Minutes • Medium Spice • 2 of your 5 a day

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Confit Duck Leg



Medium Tomato



Coriander



Spring Onion



Red Onion



Baby Gem Lettuce



Sweet Potato Fries



Red Wine Vinegar



Chipotle Paste



Mayonnaise



Soft Shell Taco

Before you start

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

Cooking tools, you will need:

Two Baking Trays, Chopping Board, Sharp Knife and Bowls

Ingredients

	2P	3P	4P
Confit Duck Leg**	2	3	4
Medium Tomato	2	3	4
Coriander**	1 bunch	1 bunch	1 bunch
Spring Onion**	1	2	2
Red Onion**	½	½	1
Baby Gem Lettuce**	1	2	2
Sweet Potato Fries**	250g	375g	500g
Red Wine Vinegar (14)	2 sachets	3 sachets	4 sachets
Sugar for the Pickle*	1 tsp	1 tsp	2 tsp
Chipotle Paste	1 sachet	1 sachet	2 sachets
Mayonnaise (8) (9)	1 sachet	2 sachets	2 sachets
Water for the Dressing*	½ tbsp	¾ tbsp	1 tbsp
Soft Shell Taco (13)	6	9	12

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	578g	100g
Energy (kJ/kcal)	3229 / 772	559 / 134
Fat (g)	27	5
Sat. Fat (g)	7	1
Carbohydrate (g)	92	16
Sugars (g)	13	2
Protein (g)	41	7
Salt (g)	2.37	0.41

Nutrition for uncooked ingredients based on 2 person recipe.
The above nutritional are based on 130g of Duck Confit per person.

Allergens

8) Egg 9) Mustard 13) Gluten 14) Sulphites

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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Packed in the UK

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Cook the Duck

Preheat your oven to 200°C. Remove the **confit duck legs** from their packaging and place on a baking tray. Drizzle with **oil**, then pop on the top shelf of your oven and roast until golden and crispy, 25-30 mins. **IMPORTANT:** *The duck is cooked when piping hot throughout.*



Chop Chop

Chop the **tomatoes** into small 1cm pieces. Roughly chop the **coriander** (stalks and all), keeping a few **sprigs** to one side for garnish. Trim and thinly slice the **spring onion**. Halve, peel and slice the **red onion** as thinly as you can. Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways.



Roast the Fries

Pop the **sweet potato fries** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then roast on the top shelf of the oven until golden and crisp, 20-25 mins. Turn halfway through. Meanwhile, place the **red onion** into another bowl. Mix in **half** the **red wine vinegar**, the **sugar for the pickle** (see ingredients for amount) and a pinch of **salt**. Set to one side.



Make the Salsa

Pop the **chopped tomato** into a large bowl. Mix in the **spring onion**, **chopped coriander**, the remaining **red wine vinegar** and a drizzle of **oil**. Season with **salt** and **pepper**. Squeeze in **half** the **chipotle paste** (add less if you don't like heat, this one's very hot!). Mix to combine and set to one side.



Make the Mayo

Pop the **mayonnaise** into a small bowl. Mix in the remaining **chipotle paste** and the **water for the dressing** (see ingredients for amount). Once ready, remove the **duck** from the oven and use a fork to pull the **meat** off the bone. Discard the bone.



Assemble

Place the **tortillas** into the oven to warm through, 2-3 mins. Share the **tortillas** between your plates then pile everything on top! We started with the **baby gem** at the bottom, followed by the **duck**, the **salsa**, then the **pickled onion**. Finally, drizzle the **mayo dressing** all over the top and garnish with the leftover **sprigs** of **coriander**. Serve the **sweet potato fries** on the side. Dig in and...

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.