







More Than Food
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Roast Duck with Bread Sauce and Honeyed Courgettes

André has given the classic British bread sauce his own spin in this delicious recipe. Bread sauce is a Christmas classic as it works beautifully with poultry. This sauce is so tasty and easy to make you may want to recreate it in a few weeks time for your own Christmas feast!

 45 mins

 4.5 of your 5 a day

 healthy



Sweet Potato (1)



Thyme (1 bunch)



Echalion Shallot (1)



Cloves (2)



Courgette (1)



Milk (189ml)



Duck Breast (2)



Honey (1 tbsp)



Panko Breadcrumbs (20g)


2 PEOPLE INGREDIENTS

- Sweet Potato, chopped
- Thyme
- Echalion Shallot, chopped
- Cloves
- Courgette, sliced

1
1 bunch
1
2
1

- Milk
- Duck Breast
- Honey
- Panko Breadcrumbs

189ml
2
1 tbsp
20g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Cloves are unopened, sun-dried flower buds of the tropical clove tree.

Allergens: Milk, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	554 kcal / 2285 kJ	12 g	4 g	80 g	45 g	33 g	1 g
Per 100g	94 kcal / 386 kJ	2 g	1 g	14 g	8 g	6 g	0 g

2



1 Preheat your oven to 200 degrees. Chop the **sweet potato** into 2cm chunks (no need to peel!) and then pick the **thyme leaves** from their stalks.

2 Pop your **sweet potato** on a lined baking tray, sprinkle over half your **thyme leaves** and season with a pinch of **salt**. Add a glug of oil, toss well and then roast in your oven for 20-25 mins. **Tip:** Make sure they are all in one layer and turn halfway through in order to cook evenly.

3 Cut the **shallot** in half through the root. Peel and chop half your **shallot** into small chunks. Keep the other half whole and push the pointy end of the **cloves** into it (this will make it easier to remove them from your bread sauce later).

4 Cut the top and bottom off the **courgette** and slice into rounds 1cm thick. Keep to one side.

5 Start making the **bread sauce** by infusing the milk with your cloved studded shallot. Heat a small saucepan over medium heat and add a little **oil**. Add your chopped **shallot** and leftover **thyme leaves** and cook for 5 mins. Pour in the **milk** (amount specified in the ingredient list) and add your **clove studded shallot**. Warm your **milk** until it is steaming then remove from the heat. We will finish your bread sauce later.

6 Season each **duck breast** with a pinch of **salt**. Put them skin-side down in a frying pan on medium heat. As the heat of the pan melts the duck fat under the skin, drain the fat into a bowl. Continue for 5-7 mins until the skin is golden brown and crispy. **Tip:** Keep the drained duck fat in your fridge and use it to roast potatoes, delicious!

7 Turn your **duck** over, brown the flesh side and then transfer to the baking tray with your **sweet potato**. Roast for 7-9 mins if you like your **duck** pink or 12-15 mins if you like it well done.

8 Wipe your frying pan clean with kitchen paper and return to high heat. Cook your **courgette** for 3-4 mins until nicely browned. Remove the pan from the heat, allow to cool for a few mins, then drizzle in the **honey**. Coat your **courgette** in your **honey**.

9 When your **duck** is ready, allow it to rest on a chopping board whilst you finish your **bread sauce**. Remove your **clove studded shallot** from your **milk** and bring your **milk** to the boil on medium heat. Mix in the **panko breadcrumbs** and cook until they have softened and you have a sauce the consistency of porridge. Season with **salt** and **pepper** and get ready to plate up!

10 Slice each **duck breast** into five or six slices. Smear a spoonful of **bread sauce** in the centre of your plate. Pop a layer of **courgette** on top followed by your **roast duck**. Arrange your **sweet potatoes** alongside and drizzle any **honey** from the pan over and around. Serve your remaining **bread sauce** on the side. Enjoy!

3



6



9



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