



Roasted Confit Duck Leg and Red Wine Jus with Cheesy Colcannon Mash and Sauteed Bacon Peas

Premium 35 Minutes • 2 of your 5 a day

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Confit Duck Leg



Potatoes



Kale



Red Wine Jus Paste



Spring Onion



Cheddar Cheese



Unsalted Butter



Bacon Lardons



Peas

Before you start

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

Cooking tools, you will need:

Grater, Small Saucepan, Large Saucepan, Potato Masher, Frying Pan and Baking Tray.

Ingredients

	2P	3P	4P
Confit Duck Leg**	2	3	4
Potatoes**	450g	700g	900g
Kale**	100g	150g	200g
Water for the Sauce*	150ml	225ml	300ml
Red Wine Jus Paste 10 14	15g	22g	30g
Spring Onion**	1	2	2
Cheddar Cheese** 7	45g	75g	90g
Unsalted Butter** 7	30g	40g	60g
Bacon Lardons**	60g	90g	120g
Peas**	120g	180g	240g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	548g	100g
Energy (kJ/kcal)	3402/813	621/148
Fat (g)	45	8
Sat. Fat (g)	20	4
Carbohydrate (g)	52	10
Sugars (g)	7	1
Protein (g)	52	10
Salt (g)	2.87	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 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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Roast the Duck

Preheat your oven to 200°C. Bring a large saucepan of **water** with $\frac{1}{2}$ **tsp salt** to the boil for the **potatoes**. Remove the **confit duck legs** from their packaging. Place on a lined baking tray, skin-side up, and drizzle with a little **oil**. Roast on the top shelf of your oven for 25-30 mins. **IMPORTANT:** *The duck is cooked when piping hot throughout.*



Cook the Potatoes

Meanwhile, chop the **potatoes** into 2cm chunks (peel first if you prefer). When boiling, add the **potatoes** to the **water** and cook for 7-8 mins before adding the **kale** to the pan. Cook until the **potatoes** and **kale** are tender, a further 5-8 mins. **TIP:** *The potatoes are cooked when you can easily slip a knife through.*



Make the Jus

Meanwhile, pour the **water for the sauce** (see ingredients for amount) into a small saucepan and pop on medium heat. Bring to the boil, then stir in the **red wine jus paste**. Reduce the heat slightly, then simmer until the **sauce** has reduced by half, about 5-6 mins. Once glossy and thickened, remove from the heat. Meanwhile, trim and thinly slice the **spring onion**. Grate the **cheese**.



Colcannon Mash

Once the **potatoes** and **kale** are cooked, drain in a colander and return both to the pan, off the heat. Add the **butter** and a splash of **milk** (if you have any) and mash until smooth. Stir through the **spring onion** and the **Cheddar**, then season to taste with **salt** and **pepper**. Cover with a lid to keep warm.



Saute the Peas

5 mins before everything is ready, heat a drizzle of **oil** in a frying pan on medium-high heat. When hot, add the **bacon lardons**. Stir-fry until golden, 3-4 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.* Add the **peas** and cook for a further 2-3 mins, then remove from the heat.



Serve

When everything is ready, reheat the **red wine jus** if needed. Spoon the **cheesy colcannon mash** onto your plates. Sit the **duck leg** up against the **mash** and drizzle over the **red wine jus**. Serve with the **sautéed bacon peas** alongside.

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.