



Roasted Confit Duck Leg and Red Wine Jus with Thyme Roast Potatoes, Chantenay Carrots and Bacon Cavolo Nero

29

Premium 40 Minutes • 1 of your 5 a day



Thyme



Potatoes



Confit Duck Leg



Mixed Chantenay Carrots



Shallot



Garlic Clove



Bacon Lardons



Chopped Cavolo Nero



Red Wine Jus Paste

Before you start

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

Cooking tools, you will need:

Baking Tray, Baking Paper, Garlic Press, Frying Pan and Bowl.

Ingredients

	2P	3P	4P
Thyme**	1 bunch	1 bunch	1 bunch
Potatoes**	450g	700g	900g
Confit Duck Leg**	2	3	4
Mixed Chantenay Carrots**	150g	225g	300g
Shallot**	1	1	2
Garlic Clove**	1	2	2
Bacon Lardons**	60g	90g	120g
Chopped Cavolo Nero**	100g	150g	200g
Water for the Sauce*	150ml	225ml	300ml
Red Wine Jus Paste 10) 14)	15g	22g	30g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	550g	100g
Energy (kJ/kcal)	2466 /589	449 /107
Fat (g)	25	5
Sat. Fat (g)	7	1
Carbohydrate (g)	50	9
Sugars (g)	5	1
Protein (g)	44	8
Salt (g)	2.47	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

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

HelloFresh UK

Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



1 Prep the Potatoes

Preheat your oven to 200°C. Pick the **thyme leaves** from their stalks and roughly chop (discard the stalks). Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** and scatter over the **thyme**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.



2 Roast the Duck

Remove the **confit duck legs** from their packaging. Place onto a lined baking tray, skin-side up, and drizzle with a little **oil**. When the oven is hot, roast the **potatoes** on the top shelf until golden and the **duck** on the middle shelf, 25-35 mins. **IMPORTANT:** The duck is cooked when piping hot throughout.



3 Prep the Rest

Meanwhile, trim and halve the **chantenay carrots** lengthways (no need to peel). After 5 mins of roasting time, add the **carrots** to the **potato** tray and toss together. Cook for the remaining time until tender, 20-25 mins, turning halfway. While everything roasts, halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).



4 Garlicky Greens

When 15 mins of roasting time remain, heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **bacon lardons** and **shallot**. Stir-fry until golden, 3-4 mins. **IMPORTANT:** Wash your hands after handling raw meat. Cook lardons thoroughly. Add the **cavolo nero** and a splash of **water** and cover until wilted, 3-4 mins. **TIP:** Remove any tough stalks from the cavolo nero. Remove the lid, add the **garlic**, and stir-fry for 1 min more. Season to taste, then transfer to a bowl and cover to keep warm.



5 Make the Jus

Pour the **water for the sauce** (see ingredients for amount) into the (now empty) pan and pop back on medium heat. Bring to the boil, then stir in the **red wine jus paste**. Reduce the heat slightly, then bubble away until reduced by half, 5-6 mins. Once glossy and thickened, remove from the heat.



6 Serve

Once everything is ready, transfer the **duck** to your plates and serve with the **thyme roast potatoes**, **carrots** and **cavolo nero** alongside. Spoon the **red wine jus** over the **duck** to finish.

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.