



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

30

Premium 40-45 Minutes • 1 of your 5 a day



Thyme



Potatoes



Confit Duck Leg



Mixed Chantenay Carrots



Red Onion



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!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, baking paper, garlic press, frying pan, lid 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
Red Onion**	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 <b>10) 14)</b>	15g	22g	30g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	572g	100g
Energy (kJ/kcal)	2483 /593	434 /104
Fat (g)	24	4
Sat. Fat (g)	7	1
Carbohydrate (g)	54	9
Sugars (g)	6	1
Protein (g)	43	7
Salt (g)	2.44	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

10) Celery 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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### Prep the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. 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.



### 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.



### Trim and Chop

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 chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).



### Bring on the 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 **onion**. Stir-fry until golden, 3-4 mins. **IMPORTANT:** Wash your hands and equipment 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.



### Make the Jus

Pour the **water for the sauce** (see ingredients for amount) into the (now empty) pan and bring to the boil on high heat. Stir in the **red wine jus paste**, then reduce the heat to medium. Allow the **sauce** to bubble and thicken, stirring regularly, 5-6 mins. Once glossy and thickened, remove from the heat.



### Serve

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

Enjoy!