



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

Premium 35-40 Minutes • 1 of your 5 a day

29



Thyme



Potatoes



Confit Duck Leg



Chantenay Carrots



Echalion Shallot



Garlic Clove



Bacon Lardons



Baby Spinach



Red Wine Jus
Paste

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg 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

Ingredients	2P	3P	4P
Thyme**	1 bunch	1 bunch	1 bunch
Potatoes	450g	700g	900g
Confit Duck Leg**	2	3	4
Chantenay Carrots**	150g	225g	300g
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Bacon Lardons**	60g	90g	120g
Baby Spinach**	100g	150g	200g
Red Wine Jus Paste 10) 14)	15g	22g	30g

Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	545g	100g
	2429 /581	446 /107
Fat (g)	23.8	4.4
Sat. Fat (g)	6.8	1.2
Carbohydrate (g)	52.0	9.6
Sugars (g)	9.3	1.7
Protein (g)	42.0	7.7
Salt (g)	2.38	0.44

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

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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1



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 them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then scatter over the **thyme**.

Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

4



Bring on the Bacon Spinach

When 15 mins of roasting time remain, heat a drizzle of **oil** in a frying pan on medium-high heat.

Once hot, add the **bacon lardons** and **shallot**. Stir-fry until golden, 3-4 mins, then add the **garlic** and cook for 1 min more. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.

Add the **spinach** and a splash of **water** and cover until wilted, 2-3 mins. Remove the lid, season to taste, then transfer to a bowl and cover to keep warm.

2



Roast the Duck

Remove the **confit duck legs** from their packaging. Place onto a lined baking tray, skin-side up, and season with **salt** and **pepper**.

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.

5



Make your Red Wine 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.

3



Trim and Chop

Meanwhile, trim and halve the **chantenay carrots** lengthways (no need to peel).

After about 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. Turn halfway through.

While everything roasts, halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).

6



Serve

Once everything's ready, transfer the **duck** to your plates and serve with the **thyme roast potatoes**, **carrots** and **bacon spinach** alongside.

Spoon the **red wine jus** over the **duck** to finish.

Enjoy!