



Roasted Duck Breast

with Roasted Garlic Mash, Chantenay Carrots and Redcurrant Jus

Premium 45 Minutes • Little Spice • 1 of your 5 a day

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Chantenay Carrots



Garlic Clove



Potato



Duck Breast



Honey



Redcurrant Jelly



Red Wine Stock Pot



Flat Leaf Parsley

Before you start

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

Cooking tools, you will need:

Large Saucepan, Baking Tray, Aluminum Foil, Colander, Kitchen Roll

Ingredients

	2P	3P	4P
Chantenay Carrots**	225g	360g	450g
Garlic Clove**	2	3	4
Potato**	450g	700g	900g
Duck Breast**	2	3	4
Honey	1 sachet	2 sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Redcurrant Jelly	1 pot	1½ pots	2 pots
Red Wine Stock Pot 14	1 pot	1½ pots	2 pots
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	552g	100g
Energy (kJ/kcal)	2385 / 570	432 / 103
Fat (g)	12	2
Sat. Fat (g)	4	1
Carbohydrate (g)	65	12
Sugars (g)	23	4
Protein (g)	53	10
Salt (g)	2.89	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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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Packed in the UK

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Roast the Carrots

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the **potatoes**. Trim the **chantenay carrots** and halve any large ones lengthways. Pop on a baking tray, drizzle with a little **oil** and season with **salt** and **pepper**. Toss to coat then spread out. Peel the **garlic clove**, pop into foil with a drizzle of **oil** and scrunch to enclose it, pop on the tray with the **carrots**. Roast on the top shelf of your oven for 25-30 mins. Halfway through cooking, turn the **carrots** and remove the **garlic** from the oven.



Make the Sauce

While the **duck** and **carrots** cook, drain any excess fat from the **duck** pan and return to medium heat. Add the **water** (see ingredients for amount), **redcurrant jelly** and **red wine stock pot**. Bring to the boil, stirring to dissolve the **jelly** and **stock**, then simmer on a low heat until rich and glossy, 6-8 mins. If it gets too thick, add a splash of hot **water**. Meanwhile, finely chop the **flat leaf parsley**.



Boil the Potatoes

Meanwhile, peel the **potatoes** and chop into 2cm chunks. Add to the saucepan of boiling **water** and boil till you can easily slip a knife through them, 12-16 mins. When cooked, drain in a colander and return to the pan, off the heat.



Make the Garlic Mash

Mash the **potatoes** until smooth, adding a knob of **butter** if you have any. Season well with **salt** and plenty of **pepper**. Remove the **garlic cloves** from their **parcels** and roughly mash with a fork. Mash the **garlic** into the **potato** making sure it's mixed in really well.



Fry the Duck

Meanwhile, put a frying pan on medium heat (no oil). Pat the **duck breasts** dry with kitchen roll then season on both sides with **salt** and **pepper**. Add to the pan skin-side down and cook for 4-5 mins, until the skin is golden. Turn over and cook for another minute on the flesh side, then remove from the pan and place, skin-side up, on the tray with the **carrots**. Drizzle the **honey** over the **duck** and return the tray to the oven for 15 mins. **IMPORTANT:** Wash your hands after handling raw meat.



Serve

When the **duck** is cooked, remove to a board and leave to rest for a few minutes before cutting into 5 slices. **IMPORTANT:** The duck is cooked when it is no longer pink in the middle. Serve the **garlic mash** on plates topped with the **duck**. Arrange the **roasted carrots** around the plate, then drizzle the **redcurrant sauce** over. Finish with a scattering of **parsley**.

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.