

Roasted Duck Breast and Fig Sauce

with Rosemary Potatoes, Chantenay Carrots and Green Beans

Premium 40-45 Minutes • 2 of your 5 a day



Potatoes



Dried Rosemary



Duck Breast



Green Beans



Chantenay Carrots



Echalion Shallot



Fig Jam



Chicken Stock Paste

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, frying pan, kettle, saucepan and colander.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Rosemary	1 sachet	1 sachet	2 sachets
Duck Breast**	2	3	4
Green Beans**	150g	200g	300g
Chantenay Carrots**	150g	225g	300g
Echalion Shallot**	1	1	2
Fig Jam	40g	60g	80g
Chicken Stock Paste	10g	15g	20g

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)	2379 /569	399 /95
Fat (g)	12.8	2.1
Sat. Fat (g)	3.8	0.6
Carbohydrate (g)	59.9	10.0
Sugars (g)	19.2	3.2
Protein (g)	55.7	9.3
Salt (g)	2.22	0.37

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

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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Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.
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**, sprinkle over the **rosemary**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Make your Fig Sauce

When the **duck** has roasted and is resting, wipe out the (now empty) frying pan and pop on medium heat with a drizzle of **oil**.

Once hot, add the **shallot** and fry until softened, 2-3 mins.

Stir in the **fig jam**, **chicken stock paste** and **water for the sauce** (see pantry for amount), then bring to the boil and simmer until thickened, 6-7 mins. Add a splash of **water** if it's a little thick, then remove from the heat.



Cook the Duck

Meanwhile, pop a frying pan on medium-high heat (no oil).

Once hot, lay the **duck** in the pan, skin-side down, and fry until the skin is golden, 6-8 mins. Flip, then sear the other side for 1 min more.

Transfer to a baking tray, skin-side up, and season with **salt** and **pepper**. Roast on the top shelf of your oven until cooked, 16-18 mins.

Once cooked, transfer to a plate. Cover and rest for 5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw duck and its packaging. The duck is cooked when no longer pink in the middle.



Green Beans Time

Meanwhile, boil a half-full kettle. Pour the **boiled water** into a saucepan with ½ **tsp salt** on high heat.

Bring back to the boil, then add the **beans** and cook until just tender, 4-6 mins.

Once cooked, drain in a colander and pop back in the saucepan. Season with **salt** and **pepper**, then toss in **olive oil** if you'd like.



Prep the Veg

While the **duck** roasts, trim the **green beans**. Trim and halve the **carrots** lengthways (no need to peel). Halve, peel and chop the **shallot** into small pieces.

Once the **potatoes** have roasted for 10 mins, turn them and push them to one half of the baking tray. Add the **carrots** to the other half, then drizzle with **oil** and season with **salt** and **pepper**.

Roast on the middle shelf for the remaining time until the **potatoes** are golden and the **carrots** are tender, 20-25 mins.



Finish and Serve

Once the **duck** has rested, cut widthways into 1cm slices and fan out on your plates.

Spoon over the **fig sauce** and serve with the **roasted potatoes**, **carrots** and **green beans** alongside.

Enjoy!