



ROASTED DUCK LEG

with Garlicky Cavolo Nero and Red Wine Sauce



HELLO CAVOLO NERO

This cabbage gets its name, meaning 'black cabbage', from its very dark coloured leaves.



Confit Duck Leg



Potato



Shallot



Garlic Clove



Chopped Cavolo Nero



Red Wine Stock Pot



Thyme

MEAL BAG
#4

35 mins
1 of your 5 a day

Using confit duck legs in this dish gives a beautiful 'cheffy' result with minimum effort! Crisp skin and tender meat make for a delightful dinner, worthy of a special occasion; especially when accompanied with a garlicky cavolo nero and a red wine sauce.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Baking Trays**, a **Fine Grater** (or **Garlic Press**), **Small Saucepan**, **Measuring Jug** and **Large Frying Pan**. Now, let's get cooking!



1 ROAST 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 pee) and pop onto a baking tray. Add a drizzle of **oil**, sprinkle over the **thyme** and a pinch of **salt** and **pepper**. Place onto the middle shelf of your oven and cook until golden and crispy, 25-30 mins. Turn halfway through cooking.



2 NOW THE DUCK

Meanwhile, remove the **duck leg confit** from the pack (discard the fat and jelly surrounding the duck) and lay on another baking tray skin-side up. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat. Roast on the top shelf of your oven, until the skin is nicely coloured and crispy, 25 mins. **IMPORTANT:** The duck is cooked when it is no longer pink in the middle.



3 GET CHOPPING

While everything is in the oven, halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press) and set to one side. Heat a drizzle of **oil** in small saucepan over medium heat. Once hot, add the **shallot** and a pinch of **salt** to the pan. Cook gently until the **shallot** has softened and is lightly coloured, 5-6 mins, stirring regularly.



4 MAKE THE SAUCE

Once soft, stir in a good pinch of **sugar** (if you have some!). Pour in the **water** (see ingredients for amount) and **stock pot**. Stir to dissolve the **stock pot** and bring to the boil. Reduce the heat slightly, then bubble away until the **sauce** has reduced by half, then remove from the heat, about 5-6 mins. Season to taste with a pinch of **salt** and **pepper** and set to one side.



5 GARLICKY GREENS

Five mins before the potato is finished, heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add in the **cavolo nero** with a pinch of **salt** and **pepper**, and stir-fry until softened, 3-4 mins. Once soft, stir in the **garlic**, cook for one minute more, then add the **potatoes** to the pan (along with any **thyme** left on the tray!). Mix to combine.



6 FINISH AND SERVE

When everything is ready, gently reheat the **sauce**. Share the **potato** and **cavolo nero mix** between your plates and place a **duck leg** on top. Spoon over the **shallot** and **red wine sauce** to finish. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Confit Duck Leg *	2	3	4
Potato *	1	2	2
Shallot *	1	1½	2
Garlic Clove *	1	1½	2
Chopped Cavolo Nero *	1 small pack	1 large pack	2 small packs
Red Wine Stock Pot (14)	½ pot	¾ pot	1 pot
Thyme *	½ bunch	¾ bunch	1 bunch
Water*	150ml	225ml	300ml

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 457G	PER 100G
Energy (kJ/kcal)	2715 / 649	595 / 142
Fat (g)	30	7
Sat. Fat (g)	8	2
Carbohydrate (g)	41	9
Sugars (g)	6	1
Protein (g)	57	12
Salt (g)	2.46	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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The Fresh Farm
60 Worship St, London EC2A 2EZ

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