



Tuscan Style Duck Ragu

with Rigatoni and Pea Shoot Salad

Premium 40 Minutes • 1 of your 5 a day

N° 27



Confit Duck Leg



Onion



Sage



Thyme



Lemon



Garlic Clove



Chopped Tomatoes



Rigatoni Pasta



Red Wine Jus Paste



Radish



Grated Hard Italian Style Cheese



Pea Shoots

Before you start

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

Cooking tools, you will need:

Frying pan, Baking Tray, Garlic Press, Sieve, Bowl.

Ingredients

	2P	3P	4P
Confit Duck Leg**	2	3	4
Onion**	1	1	2
Sage**	½ bunch	½ bunch	1 bunch
Thyme**	1 bunch	1 bunch	1 bunch
Lemon**	½	½	1
Garlic Clove	1	2	2
Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Sugar*	½ tsp	¾ tsp	1 tsp
Water*	200ml	300ml	400ml
Rigatoni Pasta 13)	200g	300g	400g
Olive Oil for the Dressing*	1 tbsp	1 tbsp	2 tbsp
Red Wine Jus Paste 10) 14)	1 sachet	1½ sachets	2 sachets
Radish**	100g	150g	200g
Grated Hard Italian Style Cheese 7) 8)**	40g	40g	40g
Pea Shoots**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	641g	100g
Energy (kJ/kcal)	3794 /907	592 /141
Fat (g)	29	5
Sat. Fat (g)	9	2
Carbohydrate (g)	101	16
Sugars (g)	18	3
Protein (g)	58	9
Salt (g)	3.22	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8)** Egg **10)** Celery **13)** Gluten **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 Duck

Preheat your oven to 200°C. Bring a large saucepan of **water** up to the boil with ½ tsp **salt** for the **rigatoni**. Remove the **confit duck legs** from their packaging, place on a baking tray skin-side up and drizzle with a little **oil**. Roast on the top shelf of your oven until the **duck skin** is crispy, 25-30 mins.

IMPORTANT: The duck is cooked when piping hot throughout.



Cook the Pasta

Meanwhile, when boiling, add the **rigatoni** to the **water** and cook until tender, 12 mins. Once cooked, drain in a sieve and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together. While everything cooks, pour the **olive oil** (see ingredients for amount) and a squeeze of **lemon juice** into a medium bowl. Season with **salt** and **pepper** and leave to one side. This is your **salad dressing**. Thinly slice the **radish** and pop it into the dressing bowl.



Get Prepped

Halve, peel and chop the **onion** into small pieces. Pick the **sage** and **thyme leaves** from their stalks and roughly chop (discard the stalks). Halve the **lemon**. Peel and grate the **garlic** (or use a garlic press).



Finish the Ragù

Once the **duck** is cooked, transfer it to a board and use a fork to pull the **meat** off the bone. Discard the bone. Add the **duck** to the **sauce** and stir together. Bring to the boil and simmer until piping hot. Stir **half** the **cheese** into the **sauce** and season if needed with **salt** and **pepper**. Add the **drained rigatoni** to the **ragù** and combine well to coat the **pasta**. **TIP:** Add a splash of water if the ragù is a bit too thick.



Start the Ragù

Heat a drizzle of **oil** in a large frying pan on medium heat. When the pan is hot, add the **onion** and cook until soft, 4-5 mins. Add the **garlic**, **thyme** and ¾ of the **sage**, cook until fragrant, 1-2 mins. Next, add the **chopped tomatoes**, **red wine jus paste**, **sugar** (see ingredients for amount) and **water** (see ingredients for amount), stir well to combine. Season with **salt** and **pepper**, bring to the boil then reduce the heat and simmer until the **sauce** has thickened, 8-10 mins.



Finish and Serve

Just before serving, add the **pea shoots** to the bowl with the **radish** and mix well to coat. Divide your rich **Tuscan style duck ragù** and **rigatoni** between your bowls and sprinkle over the remaining **cheese** and **sage**. Serve the **pea shoot salad** alongside.

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.