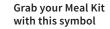


# Roast Duck & Caramelised Onion Sauce

with Mashed Potato & Sautéed Baby Broccoli

GOURMET PLUS









Potato









**Duck Breast** 



Onion Chutney



Prep in: 25-35 mins Ready in: 30-40 mins **Pantry items** Olive Oil, Butter, Milk

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Medium saucepan  $\cdot$  Large frying pan  $\cdot$  Oven tray lined with baking paper

## Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	20g	40g
milk*	2 tbs	1/4 cup
salt*	1/4 tsp	½ tsp
baby broccoli	1 medium bunch	2 medium bunches
garlic	2 cloves	4 cloves
onion	1/2	1
duck breast	1 packet	2 packets
onion chutney	1 medium packet	1 large packet
water*	3 tbs	6 tbs

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3158kJ (755Cal)	521kJ (125Cal)
Protein (g)	33.1g	5.5g
Fat, total (g)	59.3g	9.8g
- saturated (g)	18.6g	3.1g
Carbohydrate (g)	53.3g	8.8g
- sugars (g)	22.9g	3.8g
Sodium (mg)	518mg	86mg
Dietary Fibre (g)	10.3g	1.7g

The quantities provided above are averages only.

## **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## Fancy a drop?

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#### Make the mash

- Preheat oven to 240°C/220°C fan-forced.
- Bring a medium saucepan of lightly salted water to the boil. Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain, then return to the saucepan.
- Add the butter, milk and salt to the potato, then mash until smooth. Cover to keep warm.



## Get prepped

 Meanwhile, slice baby broccoli in half lengthways. Finely chop garlic. Thinly slice onion (see ingredients).



### Roast the duck

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Season duck breast on both sides with salt and pepper.
- Place **duck**, skin-side down, in the hot pan and cook until the skin is golden, **6-7 minutes**.
- Turn the duck and cook until browned, a further 2 minutes. Increase heat to high and sear on all sides for 1 minute.
- Transfer to a lined oven tray, then pour over
  2 tbs of duck fat from the pan. Roast until duck is cooked through, 10-12 minutes.
- Transfer to a plate to rest, **5 minutes**.



## Cook the baby broccoli

- While the duck is roasting, wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil. Cook baby broccoli and onion until softened, 4-5 minutes.
- Add garlic and cook until fragrant, 1-2 minutes.
  Season with salt and pepper. Transfer to a plate and cover to keep warm.



## Make the onion sauce

Return the frying pan to medium-high heat.
 Cook onion chutney, the water and a pinch of salt and pepper until slightly reduced, 1 minute.
 Remove from heat.



## Serve up

- Slice roast duck. Divide mash between plates.
- Top with duck and sautéed baby broccoli and onion.
- Spoon over caramelised onion chutney sauce to serve. Enjoy!

