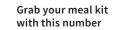


Roast Duck & Caramelised Onion Sauce

with Mashed Potato & Sautéed Baby Broccoli

GOURMET PLUS

















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 · Large frying pan · 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

^{*}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.

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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, over high heat, 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!

