

# Roast Duck Breast & Dijon Bean Ragout

with Potato Purée & Parsley Green Beans

FRENCH FLAIR

Grab your meal kit  
with this number

21



Duck Breast



Potato



Green Beans



Leek



Garlic



Celery



Parsley



Thyme



Cannellini Beans



Chicken-Style  
Stock Powder



Dijon Mustard

## Recipe Update

We've replaced the lentils in this recipe with cannellini beans due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: **20-30** mins  
Ready in: **50-60** mins

Roast duck shines best when paired with rich flavours, and this taste of French cuisine is sure to please! Paired with creamy potato purée, parsley greens, and a decadent and flavourful bean ragout, this meal is sure to transport your palate to the heart of Paris.

## Pantry items

Olive Oil, Brown Sugar, Balsamic Vinegar, Butter, Milk

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

## You will need

Large frying pan · Oven tray lined with baking paper · Large saucepan with lid · Medium saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>duck breast</b>	1 packet	2 packets
<b>brown sugar*</b>	1 tsp	2 tsp
<b>balsamic vinegar*</b>	1 tbs	2 tbs
potato	2	4
<b>butter*</b> (for the mash)	40g	80g
<b>milk*</b>	2 tbs	¼ cup
green beans	1 medium packet	1 large packet
leek	1	2
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
parsley	1 packet	1 packet
thyme	1 packet	1 packet
cannellini beans	1 tin	2 tins
chicken-style stock powder	1 medium sachet	1 large sachet
dijon mustard	1 medium packet	1 large packet
<b>butter*</b> (for the veggies)	20g	40g
<b>water*</b>	½ cup	1 cup

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3662kJ (875Cal)	458kJ (109Cal)
Protein (g)	43.8g	5.5g
Fat, total (g)	56.9g	7.1g
- saturated (g)	14.1g	1.8g
Carbohydrate (g)	71.6g	9g
- sugars (g)	22.7g	2.8g
Sodium (mg)	1089mg	136mg
Dietary Fibre (g)	16.1g	2g

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

## We're here to help!

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2024 | CW30



## Cook the duck

- Preheat oven to **220°C/200°C fan-forced**. Heat a large frying pan over medium heat. Season **duck breast** on both sides and place, skin-side down, in the hot pan.
- Cook until the skin is crisp, **12 minutes**. Increase heat to high and turn to sear the flesh on all sides until browned, **1 minute**.
- In a small bowl, combine the **brown sugar**, **balsamic vinegar** and a splash of **water**.
- Transfer to a lined oven tray, brush over the **glaze mixture** and roast until duck is cooked through, **10-12 minutes**.
- Transfer **seared duck**, skin side up, to a plate to rest for **5 minutes**.



## Braise the cannellini beans

- Heat a medium saucepan over medium-high heat with a drizzle of **olive oil**.
- Cook **leek** and **celery**, stirring, until softened, **4-5 minutes**. Add **garlic** and **thyme**, and cook until fragrant, **1 minute**.
- Add the **cannellini beans**, **chicken-style stock powder**, **dijon mustard**, the **butter (for the veggies)** and **water**.
- Reduce heat to low, and simmer until slightly reduced, **4-5 minutes**. Season generously with **salt** and **pepper**.



## Cook the potato purée

- While the duck is searing, boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water over high heat until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter (for the mash)** and **milk** to **potato** and season with **salt**. Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled.



## Cook the green beans

- Wipe out the frying pan then return to medium-high heat with a drizzle of **olive oil**.
- Cook **green beans**, until tender, **4-5 minutes**.
- Remove pan from heat, then add **parsley** and toss to combine. Season.



## Get prepped

- While the potato is cooking, trim **green beans**.
- Thinly slice **leek**.
- Finely chop **garlic**, **celery** and **parsley**.
- Pick **thyme** leaves.
- Drain **cannellini beans**.



## Serve up

- Slice duck.
- Divide potato purée, bean ragout, roast duck breast and parsley green beans between plates.
- Spoon over any duck resting juices. Enjoy!

## Rate your recipe

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