



Provence-Style Duck Breast & Ratatouille

with Roast Potatoes & Worcestershire Gravy

FRENCH FLAIR

Grab your meal kit
with this number



Tomato



Courgette



Garlic



Potato



Passata



Duck Breast



Onion



Worcestershire Sauce



Gravy Granules



Rocket Leaves

Prep in: 20-30 mins
Ready in: 40-50 mins

Ooh la la! Did you spot the crispy skin on that duck breast? Or the layers of tomato and courgette, lovingly arranged and baked in a deeply flavourful passata? What about the potatoes, baked to golden perfection? We don't know how you're still resisting, dig in!

Pantry items

Olive Oil, Balsamic Vinegar

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

Medium baking dish · Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
courgette	2	4
garlic	2 cloves	4 cloves
potato	2	4
passata	1 packet	2 packets
duck breast	1 packet	2 packets
onion	½	1
Worcestershire sauce	1 medium packet	1 large packet
gravy granules	1 sachet	2 sachets
boiling water*	½ cup	1 cup
rocket leaves	1 small packet	2 small packets
balsamic vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2993kJ (715Cal)	381kJ (91Cal)
Protein (g)	32.8g	4.2g
Fat, total (g)	56.5g	7.2g
- saturated (g)	13.8g	1.8g
Carbohydrate (g)	45.8g	5.8g
- sugars (g)	17.9g	2.3g
Sodium (mg)	732mg	93mg
Dietary Fibre (g)	9g	1.1g

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.



Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Slice **tomato** and **courgette** into 0.5cm-thick rounds. Thinly slice **garlic**. Cut **potato** into bite-sized chunks.



Cook the duck

- Meanwhile, 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**.
- Transfer to a second lined oven tray, skin side up, and roast until duck is cooked through, **10-12 minutes**.
- Transfer to a plate to rest for **5 minutes**.



Bake the ratatouille

- Spoon **passata** evenly into the bottom of a baking dish with **garlic** slices.
- Arrange sliced **courgette** and **tomato**, standing upright, on top of **passata**. Season with **salt** and **pepper**. Top with a good drizzle of **olive oil**.
- Bake, until veggies are tender, **30-35 minutes**.

TIP: Make sure to season the veggies in between the layers for extra flavour!



Bring it all together

- Meanwhile, thinly slice **onion** (see ingredients). Wipe out and return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring occasionally, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **Worcestershire sauce** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**.
- In a medium heatproof bowl, combine **gravy granules**, the **boiling water** (½ cup for 2 people / 1 cup for 4 people) and **onion mixture**, whisking, until smooth, **1 minute**.
- Meanwhile, in a second medium bowl, combine **rocket leaves**, a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.



Bake the potatoes

- Place **potatoes** on a lined oven tray.
- Drizzle with **olive oil**, season generously with **salt** and **pepper**, and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.



Serve up

- Slice duck.
- Divide Provence-style duck breast, ratatouille, roast potatoes and dressed rocket between serving plates.
- Drizzle worcestershire gravy over duck to serve. Enjoy!

Scan here if you have any questions or concerns



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