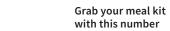


Roast Duck & Caramelised Onion Sauce

with Mashed Potato & Sautéed Baby Broccoli

GOURMET PLUS













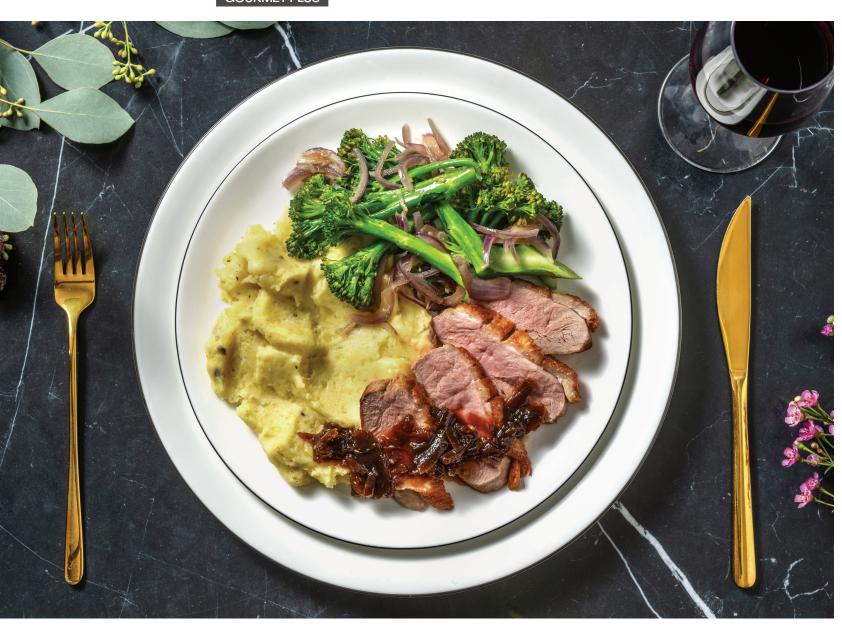




Duck Breast



Onion Chutney



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

 $\label{eq:medium} \mbox{Medium saucepan} \cdot \mbox{Large frying pan} \cdot \mbox{Oven tray lined with baking paper}$

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)	3141kJ (751cal)	309kJ (74cal)
Protein (g)	33.1g	3.3g
Fat, total (g)	59.7g	5.9g
- saturated (g)	18.6g	1.8g
Carbohydrate (g)	53.2g	5.2g
- sugars (g)	25g	2.5g
Sodium (mg)	518mg	51mg
Dietary Fibre (g)	8.5g	0.8g

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?

Browse our Wine Boxes in the expanded menu to find your next perfect pairing.



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

- While the potato is cooking, 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

- Meanwhile, 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!

