

# Roast Duck & Caramelised Onion Sauce

with Mashed Potato & Sautéed Baby Broccoli

GOURMET PLUS

Grab your meal kit  
with this number

28



Potato



Baby Broccoli



Garlic



Onion



Duck Breast



Onion Chutney

Prep in: 25-35 mins  
Ready in: 30-40 mins

Spice up your Sunday roast with decadent duck breast and all the trimmings: from the luxurious mash to the charred greens and a sweet and savoury caramelised onion sauce, everyone will want seconds.

### 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	20g	40g
<b>milk*</b>	2 tbs	¼ cup
<b>salt*</b>	¼ tsp	½ tsp
baby broccoli	1 medium bunch	2 medium bunches
garlic	2 cloves	4 cloves
onion	½	1
duck breast	1 packet	2 packets
onion chutney	1 medium packet	1 large packet
<b>water*</b>	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](https://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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2024 | CW34



## 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.



## 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.



## Get prepped

- While the potato is cooking, slice **baby broccoli** in half lengthways.
- Finely chop **garlic**.
- Thinly slice **onion** (see ingredients).



## 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.



## 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**.



## 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!

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