



Hoisin-Glazed Duck Breast

with Ginger-Garlic Rice & Crispy Shallots

GOURMET PLUS

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with this number

28



Garlic



Ginger Paste



Jasmine Rice



Duck Breast



Asparagus



Hoisin Sauce



Fresh Chili
(Optional)



Crispy Shallots

Prep in: 20-30 mins
Ready in: 35-45 mins

Elegant and impressive, but without all the fuss! Beautifully glazed duck breast with asparagus and aromatic ginger-garlic rice make for a fantastic special occasion dinner that's sure to make jaws drop the moment you serve up.

Pantry items

Olive Oil, Butter, Salt, Honey, Vinegar
(White Wine or Rice Wine)

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
jasmine rice	1 medium packet	1 large packet
duck breast	1 packet	2 packets
asparagus	1 bunch	2 bunches
hoisin sauce	1 packet	2 packets
honey*	1 tsp	2 tsp
vinegar* (white wine or rice wine)	1 tsp	2 tsp
water* (for the sauce)	¼ cup	½ cup
fresh chilli 🌶️ (optional)	½	1
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3402kJ (813cal)	400kJ (96cal)
Protein (g)	31.1g	3.7g
Fat, total (g)	67g	7.9g
- saturated (g)	20.7g	2.4g
Carbohydrate (g)	50.6g	5.9g
- sugars (g)	15.3g	1.8g
Sodium (mg)	1165mg	137mg
Dietary Fibre (g)	3.1g	0.4g

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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Cook the ginger-garlic rice

- Preheat the oven to **220°C/200°C fan-forced**.
- Finely grate the **garlic**.
- In a medium saucepan, melt the **butter** and a dash of **olive oil** over a medium heat. Cook the **ginger paste** and **garlic** until fragrant, **1-2 minutes**.
- Add the **water (for the rice)** and the **salt** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low.
- Cook for **12 minutes**, then remove the pan from the heat and keep covered until the **rice** is tender and all the **water** is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the veggies

- When the duck has **5 minutes** remaining, discard any excess **duck fat** in the frying pan and return to a medium-high heat.
- Cook **asparagus** until just tender, **5-6 minutes**. Add a splash of water to help cook **asparagus**.
- Season with **pepper**, then transfer to a bowl.



Cook the duck

- While the rice is cooking, heat a large frying pan over a medium heat.
- Season both sides of the **duck breast** with **salt**, then place, skin-side down, in the hot pan. Cook until the skin is crisp, **12 minutes**.
- Increase the heat to high and turn to sear the flesh on all sides until browned, **1 minute**.
- Transfer to a lined oven tray and roast the **duck** until cooked through, **10-12 minutes**.
- Transfer to a plate to rest for **5 minutes**.



Heat the hoisin glaze

- While the duck is resting, combine the **hoisin sauce**, **honey**, the **vinegar** and **water (for the sauce)** in a small bowl.
- Return the frying pan to a medium heat. Cook the **hoisin sauce mixture**, stirring, until heated through and slightly thickened, **1-2 minutes**. Season to taste.



Get prepped

- While the duck is cooking in the oven, trim ends of **asparagus**.



Serve up

- Thinly slice **fresh chilli (if using)**.
- Slice the duck breast.
- Divide the ginger-garlic rice and baby broccoli between bowls. Top with the duck and spoon over the hoisin glaze.
- Garnish with a sprinkle of **crispy shallots** and **chilli** to serve. Enjoy!

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