



Seared Duck & Cherry Red Wine Jus

with Twice-Cooked Garlic Potatoes & Orange Salad

FESTIVE MAIN

NEW

Grab your meal kit
with this number

15



Potato



Garlic



Duck Breast



Orange



Cucumber



Cherry Sauce



Red Wine Jus



Dijon Mustard



Rocket Leaves

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

'Tis the season for indulging, and we've got just the meal for it! Perfectly seared duck is paired with a rich and sweet cherry red wine jus, delivering depth and warmth with every bite. Accompanied by crispy-on-the-outside, fluffy-on-the-inside potatoes and a vibrant orange salad, this dish is a true celebration of holiday flavours.

Pantry items

Olive Oil, Honey

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 · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	3 cloves	6 cloves
duck breast	1 packet	2 packets
orange	1	2
cucumber	1 (medium)	1 (large)
cherry sauce	1 medium packet	1 large packet
red wine jus	1 medium packet	1 large packet
dijon mustard	½ medium packet	1 medium packet
honey*	1 tsp	2 tsp
rocket leaves	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3286kJ (462cal)	462kJ (65cal)
Protein (g)	32.4g	4.6g
Fat, total (g)	56.1g	7.9g
- saturated (g)	13.9g	2g
Carbohydrate (g)	64.7g	9.1g
- sugars (g)	27.8g	3.9g
Sodium (mg)	449mg	63.1mg
Dietary Fibre (g)	9.9g	1.4g

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.



Boil the potatoes

- Preheat oven to **220°C/200°C fan-forced**.
- Boil the kettle.
- Cut **potato** into large chunks.
- Half-fill a medium saucepan with **boiling water**, then add a generous pinch of **salt**. Cook **potato** and **garlic cloves** (with the peel) in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**.



Get prepped

- Meanwhile, peel and thinly slice **orange** into wedges. Thinly slice **cucumber** into rounds.
- In a medium microwave-safe bowl, combine **cherry sauce**, **red wine jus** and a splash of **water**. Microwave in **30 second** bursts until warmed through.



Cook the duck

- 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**.



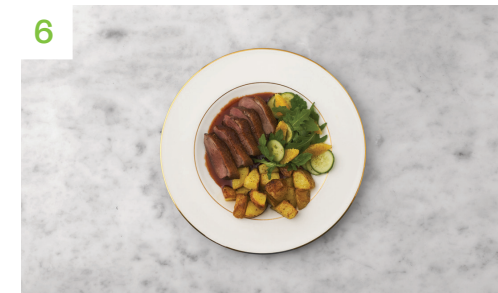
Toss the salad

- In a large bowl, combine **dijon mustard** (**see ingredients**), the **honey** and a drizzle of **olive oil**.
- Add **rocket leaves**, **orange** and **cucumber**. Toss to combine and season to taste.



Roast the potatoes and duck

- Drain the **potatoes** and **garlic** and transfer to a lined oven tray. Drizzle with **olive oil**. Season generously with **salt** and **pepper**, and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.
- When the potatoes have **15 minutes** remaining, transfer **duck breast** to a second lined oven tray and roast until duck is cooked through, **10-12 minutes**.
- Rest **duck** for **5 minutes**.



Serve up

- Add any duck juices from the oven tray to the cherry sauce mixture and stir to combine.
- Slice duck breast.
- Divide seared duck, twice-cooked garlic potatoes and orange salad between plates.
- Serve with cherry red wine jus. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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