



# Roast Duck & Peppercorn Gravy

with Herb-Roasted Potatoes & Sautéed Almond Veggies

GOURMET PLUS

Grab your meal kit  
with this number

28



Duck Breast



Parsley



Potato



Garlic



Baby Broccoli



Carrot



Gravy Granules



Roasted Almonds

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

Pep up your roast duck with a peppercorn gravy and a side of herb-roasted potatoes. What roast duck dish is complete without some veggies, especially when there are roasted almonds scattered throughout. It's a duck feast that everyone is going to love!

### Pantry items

Olive Oil, Cracked Black Pepper, Butter

## 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

Large frying pan · Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
duck breast	1 packet	2 packets
parsley	1 packet	1 packet
potato	2	4
garlic	2 cloves	4 cloves
baby broccoli	½ medium bunch	1 medium bunch
carrot	1	2
<b>cracked black pepper*</b>	¼ tsp	½ tsp
<b>butter*</b>	20g	40g
gravy granules	1 sachet	2 sachets
<b>boiling water*</b>	½ cup	1 cup
roasted almonds	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3456kJ (600cal)	600kJ (104cal)
Protein (g)	35.7g	6.2g
Fat, total (g)	66.3g	11.5g
- saturated (g)	19.1g	3.3g
Carbohydrate (g)	51.8g	9g
- sugars (g)	8.4g	1.5g
Sodium (mg)	574mg	99.7mg
Dietary Fibre (g)	9.8g	1.7g

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.

## Fancy a drop?

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## Cook the duck

- Preheat oven to **240°C/220°C fan-forced**.
- 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, then turn to sear the flesh on all sides until browned, **1 minute**.
- Transfer **duck** to a lined oven tray and roast, skin-side up, until duck is cooked through, **10-12 minutes**.
- Transfer to a plate to rest for **5 minutes**.

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## Cook the veggies

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **baby broccoli** and **carrot** until tender, **4-5 minutes**.
- Add **garlic** and the **butter** and cook until fragrant, **1 minute**.
- Remove from the heat and season with **salt** and **pepper**.

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## Roast the potatoes

- Meanwhile, finely chop **parsley**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.
- When **potatoes** are done, sprinkle over **parsley** and toss on the tray.

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## Make the gravy

- To the bowl of **peppercorns**, add **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking until smooth and thickened, **1 minute**. Season to taste.

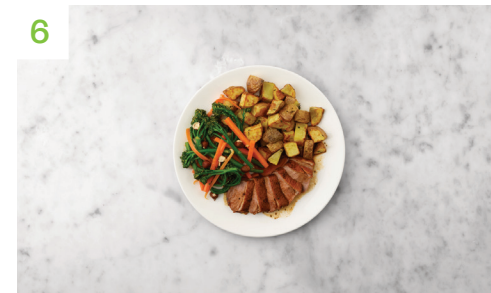
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## Get prepped

- Meanwhile, boil the kettle.
- Finely chop **garlic**.
- Halve any thick **baby broccoli** (see ingredients) stalks lengthways.
- Thinly slice **carrot** into sticks.
- Wipe out the frying pan, then return to medium-high heat. Cook the **cracked black pepper** until fragrant, **30 seconds**. Transfer to a medium heatproof bowl and set aside.

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## Finish & serve

- Slice the roast duck.
- Divide herb-roasted potatoes, sautéed veggies and duck between plates.
- Sprinkle **roasted almonds** over veggies and spoon over peppercorn gravy to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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