



Premium Asian-Spiced Duck Breast

with Ginger-Garlic Rice & Baby Broccoli

GOURMET

Grab your meal kit
with this number

37



Garlic



Ginger Paste



Chicken-Style
Stock Powder



Jasmine Rice



Duck Breast



Southeast Asian
Spice Blend



Baby Broccoli



Spring Onion



Oyster Sauce

Prep in: 30-40 mins
Ready in: 40-50 mins

Elegant and impressive yet without all the fuss! Beautifully spiced duck breast sits pretty and pink on a bed of aromatic ginger-garlic rice with fresh baby broccoli for a fantastic special occasion dinner that's sure to make jaws drop the moment you serve up.

Pantry items

Olive Oil, Butter, Soy Sauce, Brown Sugar

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
jasmine rice	1 medium packet	1 large packet
duck breast	1 packet	2 packets
Southeast Asian spice blend	1 medium sachet	1 large sachet
baby broccoli	1 medium bunch	2 medium bunches
spring onion	1 stem	2 stems
oyster sauce	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
brown sugar*	½ tbs	1 tbs
water* (for the sauce)	¼ cup	½ cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3101kJ (744cal)	744kJ (178cal)
Protein (g)	30.3g	7.3g
Fat, total (g)	65.2g	15.6g
- saturated (g)	19.8g	4.7g
Carbohydrate (g)	37.9g	9.1g
- sugars (g)	8.6g	2.1g
Sodium (mg)	1983mg	475.5mg
Dietary Fibre (g)	4g	1g

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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2025 | CW02



Cook the garlic-ginger rice

- Preheat oven to **200°C/180°C fan-forced**.
- Finely chop **garlic**.
- In a large saucepan, melt the **butter** and a dash of **olive oil** over medium heat.
- Add half the **garlic** and half the **ginger paste** and cook until fragrant, **1-2 minutes**.
- Add the **water (for the rice)** and **chicken-style stock powder** and bring to the boil. Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove the pan from the heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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



Cook the baby broccoli

- When the duck is resting, return the frying pan with residual duck fat to medium-high heat (no need for olive oil!).
- Cook **baby broccoli**, tossing, until just tender, **4-5 minutes**. Transfer to a plate and season with **salt** and **pepper**.

TIP: Cooking the baby broccoli in the duck fat adds to the flavour!



Cook the duck

- Pat **duck breast** dry, then rub **Southeast Asian spice blend** on both sides of the duck. Season with **salt**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Place **duck**, skin-side down, in the hot pan.
- Cook until the skin is golden, **4-5 minutes**, then turn and brown the flesh side for **3-4 minutes**.
- Transfer **duck** to a lined oven tray, then roast for a further **8-10 minutes**.
- When cooked, transfer **duck** to a plate to rest for **5 minutes**, leaving residual duck fat in the pan.

TIP: You'll use the duck fat in step 4!

TIP: The spice blend will char slightly in the pan, this adds to the flavour!



Make the glaze

- In a small bowl, combine **oyster sauce**, the **soy sauce**, **brown sugar**, **water (for the sauce)**, any **duck resting juices** and the remaining **ginger paste** and **garlic**.
- Return the frying pan to medium-high heat. Cook **glaze mixture**, until bubbling and slightly thickened, **1-2 minutes**.



Get prepped

- While the duck is cooking, halve any thicker stalks of **baby broccoli** lengthways.
- Thinly slice **spring onion**.



Finish & serve

- Slice duck.
- Divide ginger-garlic rice and baby broccoli between plates.
- Top with Asian-spiced duck and spoon over glaze mixture.
- Garnish with spring onion to serve. Enjoy!

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