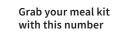


# Hoisin-Glazed Duck Breast

with Ginger-Lemongrass Rice & Crispy Shallots

LUNAR NEW YEAR









Ginger & Lemongrass Paste

Jasmine Ric





Duck Breast

Baby Broccoli





Hoisin Sauce

Fresh Chilli



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 greens and aromatic ginger-lemongrass rice make for a fantastic special occasion dinner. And to really make jaws drop, we'll whip up a fruity pineapple cheesecake with a coconut caramel sauce for dessert. Dig in!

### **Pantry items**

Olive Oil, Butter, 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 with a lid  $\cdot$  Large frying pan  $\cdot$  Oven tray lined with baking paper

# Ingredients

ingi calcino				
	2 People	4 People		
olive oil*	refer to method	refer to method		
ginger & lemongrass paste	1 medium packet	1 large packet		
butter*	20g	40g		
water* (for the rice)	1¼ cups	2½ cups		
salt*	1/4 tsp	½ tsp		
jasmine rice	1 medium packet	1 large packet		
duck breast	1 packet	2 packets		
baby broccoli	1 medium bunch	2 medium 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)	1/4 cup	½ cup		
fresh chilli 🥖 (optional)	1/2	1		
crispy shallots	1 medium sachet	1 large sachet		

### \*Pantry Items

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3910kJ (935cal)	907kJ (210cal)
Protein (g)	33.3g	7.7g
Fat, total (g)	67.3g	15.6g
- saturated (g)	21g	4.9g
Carbohydrate (g)	78.2g	18.1g
- sugars (g)	17.5g	4.1g
Sodium (mg)	1169mg	271.2mg
Dietary Fibre (g)	4.4g	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.



# Cook the ginger-lemongrass rice

- Preheat the oven to 220°C/200°C fan-forced.
- In a medium saucepan, melt the butter and a dash of olive oil over a medium heat.
- Cook the ginger & lemongrass paste 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 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.



# Get prepped

• While the duck is cooking, trim and halve the **baby broccoli** lengthways.



# Cook the veggies

- When the duck has 5 minutes roast time remaining, discard any excess duck fat in the frying pan and return to a medium-high heat.
- Cook the baby broccoli until just tender,
   4-5 minutes. Season with pepper, then transfer to a bowl.



### Heat the hoisin glaze

- While the duck is resting, combine the hoisin sauce, the honey, 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.



### Finish & serve

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

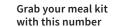






# Pineapple Cheesecake & Coconut Caramel with Oat Crumble

LUNAR NEW YEAR







Classic Oat



Coconut Milk



Cream





Tinned Pineapple



Prep in: 20 mins Ready in: 30 mins

(plus 4 hours or overnight to set)

Close your eyes and allow the taste of a sunset to wash over you when you bite into this sweet pineapple cheesecake. Drizzle over as much coconutty caramel sauce as you want, this whole cheesecake is a slice of paradise.

**Pantry items** Butter, 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, double the quantities and make 2 cheesecakes. Store leftovers in an air tight container

### You will need

 $\label{eq:medium} \mbox{Medium round baking tin lined with baking paper} \cdot \\ \mbox{Medium saucepan} \cdot \mbox{Electric beaters (or metal whisk)} \cdot \\ \mbox{Large frying pan}$ 

# Ingredients

	4 People
butter*	90g
classic oat mix	1 packet
coconut milk	1 medium packet
brown sugar*	50g
cream	1 packet
cream cheese	1 packet
tinned pineapple	1 tin

<sup>\*</sup>Pantry Items

### **Nutrition**

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	2530kJ (604Cal)	1150kJ (274Cal)
Protein (g)	6.1g	2.8g
Fat, total (g)	45.4g	20.6g
- saturated (g)	30.4g	13.8g
Carbohydrate (g)	50.1g	22.8g
- sugars (g)	30.6g	13.9g
Sodium (mg)	278mg	126mg
Dietary Fibre (g)	2.6g	1.2g

The quantities provided above are averages only. \*Nutritional information is based on 4 servings.

### **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.



### Make the base

- Preheat oven to 220°C/200°C fan-forced.
- Grease and line the baking tin.
- In a medium saucepan, melt the butter over low heat, 1-2 minutes. Remove from heat and add the classic oat mix, stirring, until combined.
- Transfer to the lined baking tin. Using the back of a spoon, spread oat mix evenly over base and press down to compress.
- Bake until golden, 8-10 minutes. Set aside to cool for 15 minutes.



### Make the coconut caramel

- Meanwhile, wipe out saucepan and return to medium heat.
- Cook coconut milk and the brown sugar, whisking until well combined and turned to caramel, 5-8 minutes.
- · Set aside until thickened.

**TIP:** The sauce will thicken as it rests!



### Whisk the cream

 Using electric beaters, whisk cream in a large bowl until soft peaks form and almost doubled in size, 1-2 minutes.

TIP: If you don't have an electric mixer, use a hand whisk and whisk for 3-4 minutes!
TIP: Chill both your bowl and cream before whipping to get maximum volume.



### Combine the cream cheese mix

- In a medium bowl, combine cream cheese and half the coconut caramel. Using a spoon, fold in whipped cream to combine.
- Spoon cheesecake mixture on top of the oat base and spread out evenly using the back of a spoon.
- Refrigerate for 4 hours or overnight.



### Char the pineapple

- When the cheesecake is ready to serve, drain **tinned pineapple**.
- Heat a large frying pan over high heat. Cook pineapple slices until lightly charred,
   2-3 minutes each side.



### Finish & serve

- Top cheesecake with pineapple and remaining coconut caramel.
- · Slice cheesecake and serve. Enjoy!

