



# Roast Duck & Peppered Red Wine Jus

with Thyme-Roasted Potatoes & Sautéed Almond Veggies

GOURMET PLUS

Grab your meal kit  
with this number

28



Duck Breast



Thyme



Potato



Garlic



Baby Broccoli



Carrot



Slivered Almonds



Red Wine Jus

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

Pep up your roast duck with a peppery red wine jus and a side of thyme-roasted potatoes. No roast duck dish is complete without some veggies, especially when there are almonds scattered throughout. It's a duck feast that everyone is going to love!

### Pantry items

Olive Oil, Butter, Cracked Black Pepper

## 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
<i>olive oil*</i>	refer to method	refer to method
duck breast	1 packet	2 packets
thyme	1 packet	1 packet
potato	2	4
garlic	2 cloves	4 cloves
baby broccoli	½ medium bunch	1 medium bunch
carrot	1	2
slivered almonds	1 packet	2 packets
<i>butter*</i>	20g	40g
red wine jus	1 medium packet	2 medium packets
<i>cracked black pepper*</i>	¼ tsp	½ tsp

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3521kJ (841Cal)	612kJ (146Cal)
Protein (g)	36.1g	6.3g
Fat, total (g)	67.9g	11.8g
- saturated (g)	19.1g	3.3g
Carbohydrate (g)	49.3g	8.6g
- sugars (g)	32.9g	5.7g
Sodium (mg)	590mg	103mg
Dietary Fibre (g)	12g	2.1g

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](https://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 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 and 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**.



## 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 heat and season with **salt** and **pepper**. Transfer to serving plates.



## Roast the potatoes

- Meanwhile, pick **thyme leaves**.
- Cut **potato** into bite-sized chunks.
- Place **potato** and **thyme** on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.



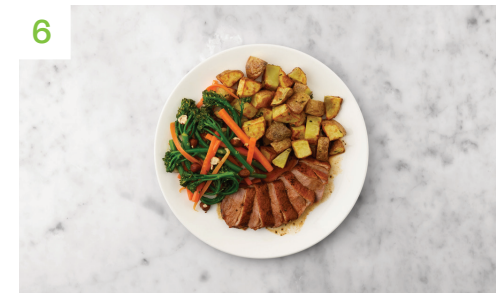
## Make the jus

- Wipe out and return frying pan to medium-high heat. Add **red wine jus**, the **cracked black pepper**, a splash of **water** and any **resting juices** from the duck.
- Stir to combine and simmer until slightly reduced, **1-2 minutes**.



## Get prepped

- While the potato is cooking, boil the kettle. Finely chop **garlic**. Halve any thick **baby broccoli** (**see ingredients**) stalks lengthways.
- Thinly slice **carrot** into sticks.
- Wipe out and return frying pan to medium-high heat. Toast **almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.



## Finish & serve

- Slice the roast duck.
- Divide thyme-roasted potatoes and duck between plates with sautéed veggies.
- Sprinkle toasted almonds over veggies and spoon over peppered jus to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2025 | CW06