

# Duck a l'Orange

with Lemony Greens & Duck Fat Potatoes

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Garlic



Orange



Lemon



Thyme



Duck Breast



Apricot Sauce



Vegetable Stock Powder

 Hands-on: **30-40 mins**  
Ready in: **45-55 mins**

Spoil yourself tonight with classic French cooking at its finest. The rich orange and apricot sauce glazes duck breast for a punch of sweet and savoury flavours that work stunningly. Complemented by crispy duck fat potatoes and tender baby broccoli, it's time to whack on your fancy PJs and settle in for a gourmet delight.

### Pantry items

Olive Oil, Red Wine Vinegar, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
baby broccoli	1 bag	2 bags
garlic	3 cloves	6 cloves
orange	½	1
lemon	½	1
thyme	1 bag	1 bag
duck breast	1 packet	2 packets
apricot sauce	1 packet (30g)	2 packets (60g)
vegetable stock powder	1 medium sachet	1 large sachet
red wine vinegar*	½ tbs	1 tbs
butter*	20g	40g

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3294kJ (787Cal)	521kJ (125Cal)
Protein (g)	33.7g	5.3g
Fat, total (g)	64.5g	10.2g
- saturated (g)	19.3g	3.1g
Carbohydrate (g)	43.4g	6.9g
- sugars (g)	14.4g	2.3g
Sodium (mg)	635mg	100mg

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.



## Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into bite-sized chunks. Trim the **baby broccoli** and halve lengthways. Finely chop the **garlic**. Zest the **orange** (see ingredients) to get a pinch, then juice. Slice the **lemon** into wedges. Pick the **thyme** leaves and finely chop.



## Cook the baby broccoli

While the duck is roasting, wipe out the pan and return to a medium-high heat. Cook the **baby broccoli** with a dash of **water** until just tender, **5-6 minutes**. Add 1/2 the **garlic** and cook until fragrant, **30 seconds**. Squeeze over a little **lemon juice**. Transfer to a bowl.



## Roast the potato

Place the **potato**, a drizzle of **olive oil** and a pinch of **salt** on a lined oven tray. Toss to coat, spread out evenly, then roast until golden and tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.



## Make the glaze

While the duck is resting, combine the **apricot sauce**, **vegetable stock powder**, **orange zest**, **orange juice** and **red wine vinegar** in a small bowl. Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the **thyme** and remaining **garlic** until fragrant, **30 seconds**. Add the **orange-apricot mixture** and simmer until thickened, **1-2 minutes**. Remove the pan from the heat, then stir through the **butter**.



## Cook the duck

While the potato is roasting, heat a large frying pan over a medium heat with a drizzle of **olive oil**. Season both sides of the **duck breast**. Place the **duck**, skin-side down, in the hot pan and cook until the skin is crisp, **12 minutes**. Increase the heat to high, then turn to sear the flesh on all sides until browned, **1 minute**. Transfer to the oven tray with the potatoes, then pour over the **duck fat** from the pan. Roast until the duck is cooked through, **10-12 minutes**. Transfer the **duck** to a plate to rest, **5 minutes**. Toss the **potatoes** and roast for a further **5 minutes**.

**TIP:** Duck fat can have a strong taste, feel free to leave it out if you're not a fan!



## Serve up

Slice the duck. Divide the duck-fat roasted potatoes, lemony greens and duck between plates. Spoon the orange glaze over the duck. Serve with any remaining lemon wedges.

## Enjoy!