

# Duck a L'Orange

with Lemony Greens & Duck-Fat Potatoes

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Silverbeet



Garlic



Orange



Lemon



Herbs



Duck Breast



Apricot Sauce



Vegetable Stock Powder

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Spoil yourself tonight with classic French-style cooking at its finest. The rich orange and apricot sauce glazes the 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	1 bag
silverbeet	1 bag	1 bag
garlic	3 cloves	6 cloves
orange	½	1
lemon	½	1
herbs	1 bag	1 bag
duck breast	1 packet	2 packets
apricot sauce	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
red wine vinegar*	1 tsp	2 tsp
butter*	30g	60g

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3605kJ (862Cal)	542kJ (130Cal)
Protein (g)	33.4g	5g
Fat, total (g)	68.7g	10.3g
- saturated (g)	22g	3.3g
Carbohydrate (g)	54.7g	8.2g
- sugars (g)	28.7g	4.3g
Sodium (mg)	767mg	115mg

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



## Cook the lemony greens

While the duck is roasting, wipe out the pan, then return to medium-high heat. Cook **baby broccoli** with a dash of **water** until just tender, **4-5 minutes**. Add **silverbeet** and cook until tender, **2-3 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 **potato** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, then roast until golden and tender, **20-25 minutes**.



## Make the glaze

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



## Cook the duck

In a large frying pan, heat a drizzle of **olive oil** over medium heat. Season both sides of **duck breast**. Place **duck**, skin-side down, in the hot pan. Cook **duck** until the skin is crisp, **12 minutes**. Increase heat to high, then turn **duck** to sear flesh on all sides until browned, **1 minute**. Transfer to the oven tray with the **potatoes**, then pour over **duck fat** from the pan. Roast until duck is cooked through, **10-12 minutes**. Transfer **duck** to a plate to rest, **5 minutes**. Toss **potatoes**, then roast until tender, 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 duck. Divide duck-fat roasted potatoes, lemony greens and duck between plates. Spoon over orange glaze. Serve with any remaining lemon wedges.

## Enjoy!