



# Hoisin-Glazed Duck Breast

with Ginger-Garlic Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Ginger



Basmati Rice



Duck Breast



Baby Broccoli



Hoisin Sauce



Spring Onion



Long Green Chilli (Optional)



Crispy Shallots

- Hands-on: **20-30 mins**
- Ready in: **35-45 mins**
- Spicy (optional long green chilli)

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

### Pantry items

Olive Oil, Butter, Honey, Rice Wine Vinegar

## 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

Medium 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	2 cloves	4 cloves
ginger	1 knob	2 knobs
butter*	20g	40g
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
basmati rice	1 packet	1 packet
duck breast	1 packet	2 packets
baby broccoli	1 bunch	2 bunches
hoisin sauce	1 packet (75g)	2 packets (150g)
honey*	1 tsp	2 tsp
rice wine vinegar*	1 tsp	2 tsp
water* (for the sauce)	¼ cup	½ cup
spring onion	1 stem	2 stems
long green chilli (optional)	½	1
crispy shallots	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4025kJ (961Cal)	918kJ (219Cal)
Protein (g)	34.5g	7.9g
Fat, total (g)	66.5g	15.2g
- saturated (g)	20.6g	4.7g
Carbohydrate (g)	88.7g	20.2g
- sugars (g)	15.2g	3.5g
Sodium (mg)	1058mg	241mg

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.

## Fancy a Drop?

We recommend pairing this meal with Pinot Noir or Shiraz

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Cook the ginger-garlic rice

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic**. Finely grate the **ginger**. In a medium saucepan, melt the **butter** and a dash of **olive oil** over a medium heat. Cook the **ginger** and **garlic** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and the **salt** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10 minutes**.

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



## Cook the baby broccoli

When the duck has **5 minutes** roast time remaining, discard the 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.



## Cook the duck

While the rice is cooking, heat a large frying pan over a medium heat. Season the **duck breast** on both sides 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 until the duck is cooked through, **10-12 minutes**. Transfer to a plate to rest for **5 minutes**.



## Make the hoisin glaze

While the duck is resting, combine the **hoisin sauce**, **honey**, **rice wine vinegar** and **water (for the sauce)** in a small bowl. Return the frying pan to a medium heat, then add the **hoisin sauce mixture**. Stir until heated through and slightly thickened, **1-2 minutes**. Season to taste.



## Get prepped

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



## Serve up

Thinly slice the **spring onion**. Thinly slice the **long green chilli** (if using). Slice the duck breast. Divide the ginger-garlic rice and baby broccoli between plates. Top with the duck and spoon over the hoisin glaze. Garnish with the spring onion, **crispy shallots** and chilli.

Enjoy!