



# Duck a L'Orange

with Lemony Greens & Duck-Fat Roasted Potatoes

Grab your Meal Kit with this symbol



Potato



Broccolini



Garlic



Orange



Lemon



Thyme



Duck Breast



Apricot Sauce



Vegetable Stock Powder

 Hands-on: **30-40 mins**  
Ready in: **40-50 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 potatoes and tender broccolini, 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
broccolini	1 bunch	2 bunches
garlic	3 cloves	6 cloves
orange	½	1
lemon	½	1
thyme	1 bunch	1 bunch
duck breast	1 packet	2 packets
apricot sauce	1 packet	2 packets
vegetable stock powder	1 sachet	1 sachet
red wine vinegar*	2 tsp	4 tsp
butter*	20g	40g

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3280kJ (783Cal)	560kJ (134Cal)
Protein (g)	29.6g	5.1g
Fat, total (g)	50.0g	8.5g
- saturated (g)	17.7g	3.0g
Carbohydrate (g)	53.4g	9.1g
- sugars (g)	16.1g	2.8g
Sodium (mg)	546mg	93mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/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 Riesling or Shiraz.



## 1. Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Trim the **broccolini** and halve lengthways. Finely chop the **garlic** (or use a garlic press). Zest the **orange** (see **ingredients list**) to get a **pinch**, then juice. Slice the **lemon** into wedges. Pick the **thyme** leaves and finely chop.

**TIP:** Cut the potato to size so it cooks in time!



## 2. Roast the potato

Place the **potato**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper** on an oven tray lined with baking paper. Toss to coat and arrange in a single layer, then roast until golden and tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, separate across two trays.



## 3. Cook the duck

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Season the **duck breast** on both sides with a **pinch** of **salt** and **pepper**. Place the **duck**, skin-side down, in the hot pan. Cook until the skin is crisp, **6-7 minutes**, then turn and brown the flesh side for **1 minute**. Transfer to the oven tray with the **potato** and pour the **duck fat** from the pan over the potato and duck. Roast until the duck is cooked through, **10-12 minutes**. Transfer the **duck** to a plate to rest, **5 minutes**. Toss the **potato** 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!



## 4. Cook the broccolini

While the duck is roasting, wipe out the pan and return to a medium-high heat. Add the **broccolini** with a **dash** of **water** and cook 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 and cover to keep warm.



## 5. Make the orange glaze

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



## 6. Serve up

Thinly slice the duck. Divide the duck-fat roasted potatoes, lemony greens and duck between plates. Spoon over the orange glaze.

## Enjoy!