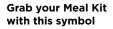
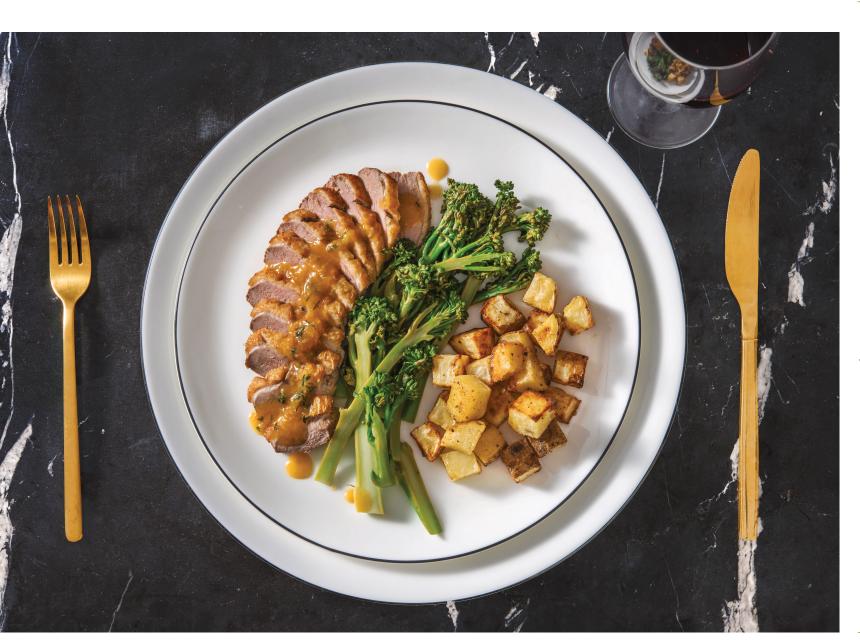


Duck a L'Orange

with Lemony Greens & Duck-Fat Roasted Potatoes











Potato

Broccolini











Lemon





Duck Breast

Apricot Sauce

Vegetable Stock Powder

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	1/2	1
lemon	1/2	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 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!