

Pan-Seared Duck & Caramelised Onion Sauce

with Potato Mash & Sautéed Baby Broccoli

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Garlic



Red Onion



Duck Breast



Onion Chutney

 Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Spice up your Sunday roast with decadent duck breast and all the trimmings: from the luxurious mash to the charred greens and a sweet and savoury caramelised onion sauce, everyone will want seconds.

Pantry items

Olive Oil, Butter, Milk

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 · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	20g	40g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
baby broccoli	1 bag	2 bags
garlic	2 cloves	4 cloves
red onion	1 (medium)	1 (large)
duck breast	1 packet	2 packets
onion chutney	1 packet (40g)	1 packet (80g)
water*	3 tbs	6 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3071kJ (734Cal)	553kJ (132Cal)
Protein (g)	32.7g	5.9g
Fat, total (g)	59.2g	10.7g
- saturated (g)	18.6g	3.3g
Carbohydrate (g)	48.5g	8.7g
- sugars (g)	20.4g	3.7g
Sodium (mg)	514mg	93mg

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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Make the mash

Preheat the oven to **240°C/220°C fan-forced**. Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into large chunks. Cook the **potato** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain and return to the saucepan. Add the **butter**, **milk** and the **salt**, then mash until smooth. Cover to keep warm.



Cook the veggies

While the duck is roasting, wash out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **baby broccoli** and **onion** until softened, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1-2 minutes**. Season, then transfer to a plate and cover to keep warm.



Get prepped

While the potato is cooking, slice the **baby broccoli** in half lengthways. Finely chop the **garlic**. Thinly slice the **red onion**.



Make the onion sauce

Return the frying pan to a medium-high heat. Add the **onion chutney**, the **water** and a pinch of **salt** and **pepper**. Cook until slightly reduced, **1 minute**. Remove from the heat.



Cook the duck

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. 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 golden, **6-7 minutes**. Turn the **duck** and cook until browned, a further **2 minutes**. Increase the heat to high and sear on all sides for **1 minute**. Transfer to a lined oven tray, then pour over 2 tbs of **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**.



Serve up

Slice the pan-seared duck. Divide the mash between plates. Top with the duck and sautéed baby broccoli and red onion. Spoon over the caramelised onion sauce to serve.

Enjoy!