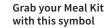


Plum-Glazed Roast Duck & Golden Potatoes

with Sautéed Cabbage & Lemony Green Beans

GOURMET PLUS









Potato





Plum Sauce



Lemon



Green Beans



Prep in: 25-35 mins Ready in: 35-45 mins

You're going to want to set the mood for tonight because a plum-sauced roast duck requires those extra special touches. If the plum sauce isn't enough already, the pop of colour from sautéed cabbage and zesty green beans will be enough to create an enchanting and delicious evening.

Pantry items

Olive Oil, Brown Sugar, White Wine Vinegar

Before you start

wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

<u>9</u>			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
duck breast	1 packet	2 packets	
plum sauce	1 medium packet	2 medium packets	
green beans	1 bag (200g)	1 bag (400g)	
lemon	1/2	1	
shredded cabbage mix	1 bag (150g)	1 bag (300g)	
brown sugar*	1 tbs	2 tbs	
white wine vinegar*	drizzle	drizzle	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2973kJ (711Cal)	487kJ (116Cal)
Protein (g)	32.1g	5.3g
Fat, total (g)	50.8g	8.3g
- saturated (g)	13.1g	2.1g
Carbohydrate (g)	58.4g	9.6g
- sugars (g)	33g	5.4g
Sodium (mg)	275mg	45mg

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 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 Grenache



Roast the potatoes

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato into bite-sized chunks, then place on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Roast until tender, 20-25 minutes.



Cook the duck

- Meanwhile, heat a large frying pan over medium heat (no need for oil). Season duck breast on both sides and place, skin-side down, in the hot pan. Cook until skin is crisp, 12 minutes.
- Increase heat to high and turn to sear flesh on all sides until browned, 1 minute.
- Transfer duck to a second lined oven tray and roast until cooked through, 10-12 minutes.
- When duck is cooked, transfer to a plate and pour over plum sauce. Rest for 5 minutes.



Get prepped

While the duck is roasting, trim green beans.
 Slice lemon into wedges.



Cook the green beans

- Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil.
 Cook green beans until tender, 4-5 minutes.
- Remove pan from heat, then add a squeeze of lemon juice and a pinch of salt and pepper.
- Transfer to a bowl, cover to keep warm and set aside.



Saute the cabbage

- When potatoes have 10 minutes remaining, return the frying pan to medium-high heat with a drizzle of olive oil.
- Sauté shredded cabbage mix until tender,
 4-5 minutes.
- Add the brown sugar, a drizzle of white wine vinegar and a splash water and cook until softened. 3-4 minutes. Season to taste.



Serve up

- · Slice plum-glazed roast duck.
- Divide duck and plum glaze between plates.
- Serve with golden potatoes, sautéed cabbage, lemony green beans and any remaining lemon wedges. Enjoy!

