

Plum-Glazed Roast Duck & Golden Potatoes

with Sautéed Cabbage & Lemony Green Beans

GOURMET PLUS

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Potato



Duck Breast



Plum Sauce



Green Beans



Lemon



Shredded Cabbage Mix

Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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 · Large frying pan

Ingredients

	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	½	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.

1



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**.

4



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.

2



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**.

5



Sauté 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.

3



Get prepped

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

6



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!

We're here to help!

Scan here if you have any questions or concerns



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