



Roast Duck & Peppercorn Gravy

with Thyme-Roasted Potatoes & Sautéed Hazelnut Veggies

GOURMET PLUS

Grab your Meal Kit with this symbol



Duck Breast



Thyme



Potato



Garlic



Baby Broccoli



Carrot



Black Peppercorns



Gravy Granules



Roasted Hazelnuts

Prep in: 20-30 mins
Ready in: 35-45 mins

Pep up your roast duck with a peppercorn gravy and a side of thyme roasted potatoes. What roast duck dish is complete without some veggies, especially when there are hazelnuts scattered throughout. It's a duck feast everyone is going to love.

Pantry items

Olive Oil, Butter

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

Large frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
duck breast	1 packet	2 packets
thyme	1 bag	1 bag
potato	2	4
garlic	2 cloves	4 cloves
baby broccoli	1 bag	1 bag
carrot	1	2
black peppercorns	½ sachet	1 sachet
butter*	20g	40g
gravy granules	1 sachet	2 sachets
boiling water*	½ cup	1 cup
roasted hazelnuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3385kJ (809Cal)	642kJ (153Cal)
Protein (g)	33g	6.3g
Fat, total (g)	67.7g	12.8g
- saturated (g)	19.2g	3.6g
Carbohydrate (g)	47.4g	9g
- sugars (g)	16.6g	3.1g
Sodium (mg)	558mg	106mg

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 Dry Riesling or Grüner Veltliner

1



Roast the duck

- Preheat oven to **240°C/220°C fan-forced**.
- Heat a large frying pan over medium heat.
- Season **duck breast** on both sides and place, skin-side down, in the hot pan. Cook until the skin is crisp, **12 minutes**.
- Increase heat to high and turn to sear the flesh on all sides until browned, **1 minute**.
- Transfer **duck** to a lined oven tray and roast, skin-side up, until duck is cooked through, **10-12 minutes**.
- Transfer to a plate to rest for **5 minutes**.

4



Cook the veggies

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **baby broccoli** and **carrot** until tender, **4-5 minutes**.
- Add **garlic** and the **butter** and cook until fragrant, **1 minute**.
- Remove from the heat and season with **salt** and **pepper**.

2



Roast the potatoes

- Meanwhile, pick **thyme** leaves. Cut **potato** into bite-sized chunks.
- Place **potato** and **thyme** on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

5



Make the gravy

- To the bowl of **peppercorns**, add **gravy granules** and the **boiling water** (1/2 cup for 2 people / 1 cup for 4 people), whisking until smooth and thickened, **1 minute**. Season to taste.

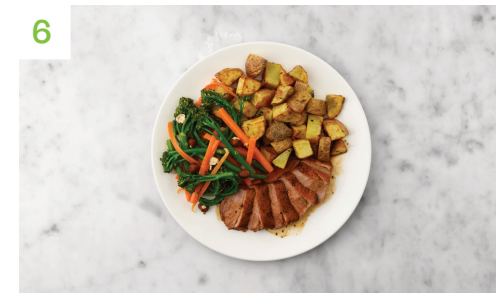
3



Get prepped

- Boil the kettle. Finely chop **garlic**. Halve any thick **baby broccoli** stalks lengthways.
- Thinly slice **carrot** into sticks.
- Crush **black peppercorns (see ingredients)** with a mortar and pestle, or in their sachet using a rolling pin.
- **SPICY!** *Peppercorns can be spicy, use less if you're sensitive to heat!* Wipe out the frying pan, then return to medium-high heat. Cook crushed **peppercorns** until fragrant, **30 seconds**. Transfer to a medium heatproof bowl and set aside.

6



Serve up

- Slice roast duck.
- Divide thyme-roasted potatoes, sautéed veggies and duck between plates.
- Sprinkle **roasted hazelnuts** over veggies and spoon over peppercorn gravy to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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