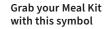
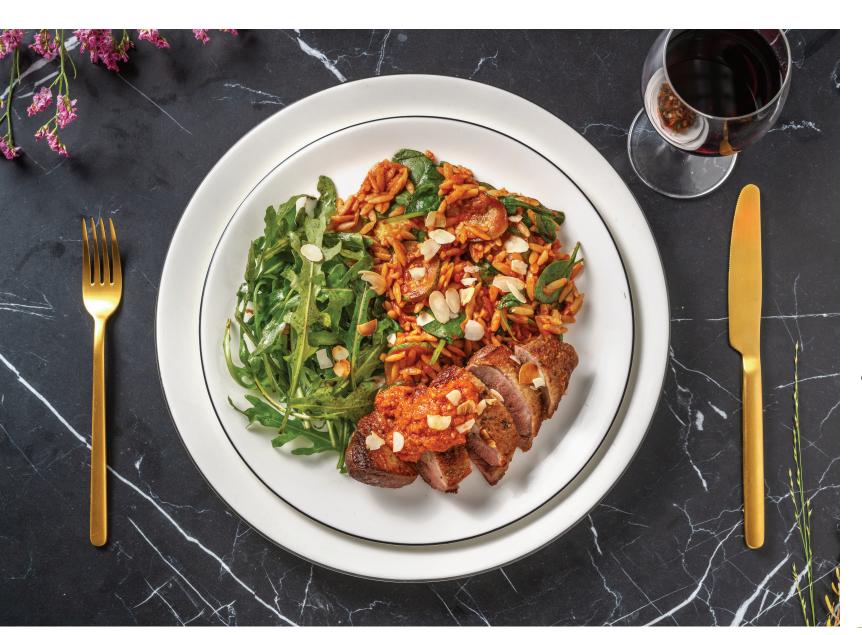
Roast Duck & Romesco Sauce

with Parmesan-Veggie Risoni & Rocket Balsamic Salad















Flaked Almonds







Seasoning

Baby Spinach





Tomato Paste



Grated Parmesan Cheese



Rocket Leaves



Romesco Sauce



Pantry items

Olive Oil, Butter, Balsamic Vinegar

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

Large frying pan \cdot Oven tray lined with baking paper \cdot Medium saucepan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
courgette	1	2
garlic	2 cloves	4 cloves
flaked almonds	1 packet	2 packets
duck breast	1 packet	2 packets
risoni	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
tomato paste	1 packet	2 packets
water*	½ cup	1 cup
baby spinach leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
butter*	20g	40g
rocket leaves	1 bag (30g)	1 bag (60g)
balsamic vinegar*	drizzle	drizzle
romesco sauce	1 packet (70g)	1 packet (140g)

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
3559kJ (851Cal)	751kJ (179Cal)
40.9g	8.6g
68.6g	14.5g
21.6g	4.6g
50.5g	10.7g
9.7g	2g
1049mg	221mg
	3559kJ (851Cal) 40.9g 68.6g 21.6g 50.5g 9.7g

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 Tempranillo or Sangiovese



Get prepped

Preheat the oven to 220°C/200°C fan-forced.
Thinly slice the courgette. Finely chop the garlic.
Heat a large frying pan over a medium-high heat.
Toast the flaked almonds until golden,
2-3 minutes. Transfer to a bowl and set aside.



Cook the duck

Return the frying pan to a medium heat. Season the **duck breast** on both sides and place, skin-side down, in the hot pan. Cook until the skin is crisp, **12 minutes**. Increase the heat to high and turn to sear the flesh on all sides until browned, **1 minute**. Transfer the **duck** to a lined oven tray and roast until cooked through, **10-12 minutes**. Transfer to a plate to rest for **5 minutes**.



Start the risoni

While the duck is cooking, bring a medium saucepan of salted water to the boil. Cook the **risoni** in the boiling water until 'al dente', **7-8 minutes**. Drain and return to the pan.

TIP: 'Al dente' risoni is cooked through but still slightly firm in the centre.



Finish the risoni

Wipe out the frying pan, then return to a medium-high heat with a drizzle of olive oil.

Cook the courgette, tossing, until golden,
5-6 minutes. Add the garlic, garlic & herb seasoning and tomato paste and cook until fragrant, 1-2 minutes. Add the water and cook until slightly reduced, 1-2 minutes. Remove from the heat, then stir through the cooked risoni, the baby spinach leaves, grated Parmesan cheese and the butter. Season to taste.



Dress the rocket

In a medium bowl, combine the **rocket leaves** and a drizzle of **balsamic vinegar** and **olive oil**. Season.



Serve up

Slice the roast duck. Divide the veggie risoni, rocket balsamic salad and duck between plates. Dollop the **romesco sauce** over the duck. Sprinkle over the toasted almonds to serve.

Enjoy!