

# Roast Duck & Romesco Sauce

with Parmesan-Veggie Risoni & Rocket Balsamic Salad

Grab your Meal Kit with this symbol



Courgette



Garlic



Flaked Almonds



Duck Breast



Risoni



Garlic & Herb Seasoning



Tomato Paste



Baby Spinach Leaves



Grated Parmesan Cheese



Rocket Leaves



Romesco Sauce

 Hands-on: 30-40 mins  
Ready in: 40-50 mins

Duck loves an equally rich companion and it's going to tingle your tastebuds as you bite into its crispy skin with a smokey romesco sauce. The light, classic combination of bitter rocket and Parmesan in the risoni cuts through the richness as well, giving you a dinner that's sure to leave you feeling fancy.

### 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 · Oven tray lined with baking paper · Medium saucepan

## Ingredients

	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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3559kJ (851Cal)	751kJ (179Cal)
Protein (g)	40.9g	8.6g
Fat, total (g)	68.6g	14.5g
- saturated (g)	21.6g	4.6g
Carbohydrate (g)	50.5g	10.7g
- sugars (g)	9.7g	2g
Sodium (mg)	1049mg	221mg

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://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

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## 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.



## 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.



## 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**.



## Dress the rocket

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



## 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.



## 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!