



Everything
But The Chef

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WK03
2016

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Roast Duck with Pumpkin Puree & Pear Salad

What a treat! We are so excited to feature this rich duck breast. Duck loves a sweet companion, and it's going to tingle your tastebuds as you bite into its crispy skin with a smooth pumpkin puree. The light, classic combination of bitter rocket, mellow pear and Parmesan cuts through the richness as well, giving you a dinner that's sure to leave you feeling fancy.

Prep: 10 mins
Cook: 30 mins
Total: 40 mins
level 1
gluten free
low sodium

Pantry Items



Olive Oil



Balsamic
Vinegar



Pumpkin



Duck Breasts



Rocket Leaves



Pear



Parmesan Cheese

2P	4P	Ingredients
1 portion	2 portions	pumpkin, peeled & chopped into small chunks
1 tbs	2 tbs	olive oil *
2 fillets	4 fillets	duck breast
⅔ bag	1 bag	rocket leaves, washed
½	1	pear, cored & sliced
½ block	1 block	Parmesan cheese, flaked
2 tsp	1 tbs	balsamic vinegar *

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2870	Kj
Protein	25.6	g
Fat, total	55.3	g
-saturated	16.7	g
Carbohydrate	20.5	g
-sugars	16.7	g
Sodium	226	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chopping board, chef's knife, peeler, oven tray lined with baking paper, large bowl, fork/masher, medium bowl, ovenproof frying pan, paper towel, plate, and aluminium foil.

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Toss the **pumpkin** in half of the **olive oil** with **salt** and **pepper**. Place in a single layer on a lined oven tray. Cook in the oven for **25 minutes** or until tender. Transfer to a bowl and mash well with a fork or potato masher. Season to taste with salt and pepper.



3 Heat an ovenproof frying pan over a medium heat. Pat the **duck breast** dry with paper towel, lightly score the skin in a crisscross pattern and season the skin with salt. Place the duck in the heated frying pan skin side down for **3-4 minutes** or until the skin is golden (you don't need to add any oil). Turn and cook for a further **1 minute**. Transfer the frying pan to the oven for a further **8-10 minutes** or until cooked to your liking (duck breast can be served pink). Transfer the duck to a plate and cover with foil to rest for **5 minutes**. Slice on an angle.

Tip: If you don't have an ovenproof frying pan, transfer the duck to a baking dish or oven tray.

4 Meanwhile, combine the **rocket leaves**, **pear**, and **Parmesan cheese** in a medium bowl. Drizzle with the remaining olive oil and the **balsamic vinegar**.

5 To serve, divide the pumpkin puree between plates. Top with the sliced duck breast and the rocket pear salad.



Did you know? Pears were a key part of ancient Roman diets and were considered "the gift of the gods".