



Hoisin-Glazed Duck Breast

with Ginger-Garlic Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Ginger



Basmati Rice



Duck Breast



Broccolini



Spring Onion



Long Green Chilli (Optional)



Hoisin Sauce



Crispy Shallots

- Hands-on: **20-30 mins**
- Ready in: **35-45 mins**
- Spicy (optional long green chilli)

Elegant and impressive yet without all the fuss! Beautifully glazed duck breast with soy broccolini and aromatic ginger-garlic rice make for a fantastic special occasion dinner that's sure to make jaws drop the moment you serve up.

Pantry items

Olive Oil, Butter, Soy Sauce, Honey, Rice Wine 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

Medium saucepan with a lid · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
butter*	20g	40g
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
basmati rice	1 packet	1 packet
duck breast	1 packet	2 packets
broccolini	1 bunch	2 bunches
spring onion	1 stem	2 stems
long green chilli (optional)	½	1
soy sauce*	2 tsp	4 tsp
hoisin sauce	1 packet (75g)	2 packets (150g)
honey*	1 tsp	2 tsp
rice wine vinegar*	½ tsp	1 tsp
water* (for the sauce)	3 tbs	6 tbs
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4050kJ (967Cal)	995kJ (238Cal)
Protein (g)	27.7g	6.8g
Fat, total (g)	54.1g	13.3g
- saturated (g)	19.7g	4.8g
Carbohydrate (g)	92.3g	22.7g
- sugars (g)	21.5g	5.3g
Sodium (mg)	1280mg	315mg

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 Shiraz



Cook the ginger-garlic rice

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic**. Finely grate the **ginger**. In a medium saucepan, melt the **butter** and a dash of **olive oil** over a medium heat. Add the **ginger** and 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **water (for the rice)** and the **salt** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the veggies

When the duck has **5 minutes** cook time remaining, discard the excess duck fat in the frying pan and return to a medium-high heat. Add the **broccolini** and cook until just tender, **4-5 minutes**. Add the **soy sauce** and remaining **garlic** and cook until fragrant, **1 minute**. Season with **pepper**. Transfer to a bowl and cover to keep warm.



Cook the duck

While the rice is cooking, heat a large frying pan over a medium heat. Season the **duck breast** on both sides with salt 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 to an oven tray lined with baking paper and roast until the duck is cooked through, **10-12 minutes**. Transfer to a plate to rest for **5 minutes**.



Make the hoisin glaze

While the duck is resting, combine the **hoisin sauce**, **honey**, **rice wine vinegar** and **water (for the sauce)** in a small bowl. Return the frying pan to a medium heat and add the **hoisin sauce mixture**. Stir until heated through and slightly thickened, **1-2 minutes**. Season to taste.



Get prepped

While the duck is cooking, trim and slice the **broccolini** in half lengthways. Thinly slice the **spring onion**. Thinly slice the **long green chilli**, if using.



Serve up

Slice the duck breast. Divide the ginger-garlic rice and soy broccolini between bowls. Top with the duck and spoon over the hoisin glaze. Garnish with the spring onion, **crispy shallots** and chilli (if using).

Enjoy!