



Crispy Confit Duck Leg and Red Wine Jus

with Mash, Spiced Red Cabbage, Green Beans and Roasted Plums

Premium 45 Minutes • 2.5 of your 5 a day

23



Red Onion



Red Cabbage



Green Beans



Plums



Ground Cinnamon



Star Anise



Red Wine Vinegar



Confit Duck Leg



Potatoes



Redcurrant Jelly



Red Wine Jus Paste

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Chopping Board, Sharp Knife, Saucepan x3, Measuring Jug, Baking Tray, Colander and Potato Masher.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Red Cabbage**	1 small cabbage	¾ large cabbage	1 large cabbage
Green Beans**	1 small pack	1 large pack	1 large pack
Plums**	2	3	4
Ground Cinnamon	1 pot	1 pot	2 pots
Star Anise	1 pot	1 pot	1 pot
Red Wine Vinegar (14)	1 sachet	1½ sachets	2 sachets
Confit Duck Leg**	2	3	4
Potatoes**	1 small pack	1 large pack	2 small packs
Water for Cabbage*	300ml	450ml	600ml
Water for the Sauce*	150ml	225ml	300ml
Redcurrant Jelly	1 pot	2 pots	2 pots
Red Wine Jus Paste (10) (14)	1 pot	1½ pots	2 pots

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	991g	100g
Energy (kJ/kcal)	3259 / 779	329 / 79
Fat (g)	97	10
Sat. Fat (g)	8	1
Carbohydrate (g)	69	7
Sugars (g)	22	2
Protein (g)	60	6
Salt (g)	2.86	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

10) Celery 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.



Prep Time!

Preheat your oven to 200°C. Halve, peel and thinly slice the **red onion**. Cut the **cabbage** in half lengthways, remove the triangle root in the middle, then slice thinly. Trim the **green beans**. Halve the **plums** and remove the stone. Put the **plums** on a large lined baking tray and set aside. Put a saucepan of **water** on a high heat to boil.



Cook the Cabbage

Heat a drizzle of **oil** in a large saucepan on a medium heat. When hot, add the **red onion** and cook until soft, 4-5 mins. Add the **cinnamon** and **star anise** and stir through. Add the **red wine vinegar**, **sliced cabbage** and **water** (see ingredients for amount). Stir well and cook stirring often until the **water** has evaporated and the **cabbage** is tender, 20-25 minutes.



Start the Mash

Meanwhile, remove the **confit duck legs** from their packaging and place on the same tray as the **plums** (skin side up). Pop on the top shelf of your oven and roast until golden and crispy, 25-30 mins. Meanwhile, peel the **potato** and chop into 2cm chunks. Add to the saucepan of boiling **water** with 0.5 tsp of **salt** and cook until tender, 18-20 mins.

TIP: The potato is cooked when you can easily slip a knife through. Once cooked, drain the **potatoes** in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have some). Mash the **potato** until smooth, season well with **salt** and **pepper**.



Finishing Touches

When the duck has 10 mins left, put the **green beans** on the baking tray alongside the **plums** and cook in the oven for the remaining time. **TIP:** Use a separate baking tray if your tray is a little crowded. Once cooked, remove the star anise from your **cabbage**. Stir the **redcurrant jelly** through, taste and season with **salt** and **pepper**.



Make the Sauce

In a small saucepan bring the **water** (see ingredients for amount) to the boil, add the **red wine jus paste** and stir well to dissolve. Cook until thick enough to coat the back of a spoon, 5-7 mins. Remove from the heat



Time to Serve

Reheat the **cabbage** and **mash** if necessary. Share the **mash** between you plates. Followed by the **red cabbage**. Place a **duck leg** on each plate and share the **beans and plums** among yourselves. Spoon over the **sauce**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.