



Crispy Chinese Style Duck Tacos

with Plum Sauce, Sesame Wedges and Pickled Radishes

Street Food 35-45 Minutes • Mild Spice • 2 of your 5 a day

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Potatoes



Roasted White Sesame Seeds



Confit Duck Leg



Chinese Five Spice



Plum



Hoisin Sauce



Honey



Radish



Rice Vinegar



Cucumber



Plain Taco Tortilla

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Roasted White Sesame Seeds 3	5g	7g	10g
Confit Duck Leg**	2	3	4
Chinese Five Spice	1 sachet	1 sachet	2 sachets
Plum**	2	3	4
Hoisin Sauce 11	64g	96g	128g
Honey	1 sachet	2 sachets	2 sachets
Radish**	100g	150g	200g
Rice Vinegar	1 sachet	2 sachets	2 sachets
Cucumber**	½	¾	1
Plain Taco Tortilla 13	6	9	12
Pantry	2P	3P	4P
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	699g	100g
Energy (kJ/kcal)	3674 /878	525 /126
Fat (g)	26.1	3.7
Sat. Fat (g)	7.5	1.1
Carbohydrate (g)	118.5	16.9
Sugars (g)	32.3	4.6
Protein (g)	44.0	6.3
Salt (g)	3.71	0.53

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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60 Worship St, London EC2A 2EZ

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1 Prep the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, then season with **salt** and **pepper**.

Sprinkle over the **sesame seeds**, toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.



2 Roast the Duck

Remove the **confit duck legs** from their packaging and place on a baking tray, skin-side up. Scatter over **half** the **Chinese Five Spice** and rub all over the **duck**.

When the oven is hot, roast the **duck** on the top shelf of your oven and the **wedges** on the middle shelf until the **duck** is hot throughout and the **wedges** are golden, 25-35 mins.

Turn the **wedges** halfway through cooking.

IMPORTANT: The duck is cooked when piping hot.



4 Pickle your Radishes

Meanwhile, trim and thinly slice the **radishes**.

In a small bowl, mix together the **rice vinegar**, **sugar for the pickle** (see ingredients for amount) and a pinch of **salt**. Add the **radishes**, mix well and set aside.

Trim the **cucumber** (see ingredients for amount), then halve lengthways. Chop into roughly ½ cm wide, 5cm long batons.



5 It's a Wrap

When everything is nearly ready, pop the **tortillas** onto a baking tray and into the oven until warmed through, 1-2 mins.

Once the **duck** is piping hot, remove it from the oven and use two forks to pull the **meat** off the bones. Shred finely, then discard the bones.



3 Plum Sauce Time

Meanwhile, halve the **plums**, remove the stone and chop the flesh into 1cm pieces.

Heat a drizzle of **oil** in a medium frying pan on medium heat. Once hot, add the **plums** and remaining **Chinese Five Spice** and cook, stirring regularly, until softened, 4-5 mins.

Stir in the **hoisin sauce**, **honey** and **water for the sauce** (see ingredients for amount). **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Simmer, stirring regularly, until the **plums** have completely softened and the **sauce** has thickened, 10-12 mins. **TIP:** Taste and add a pinch of sugar if you would like it to be a bit sweeter. Once cooked, transfer to a small bowl to cool.



6 Assemble and Serve

Plate up the **shredded duck**, warmed **tortillas** and **sesame wedges** in the centre of your table.

Drain the **pickled radishes** and serve in a small bowl with the **cucumber** and **plum sauce** alongside.

Let everyone assemble their **tacos** (3 per person) with the **duck**, **crunchy veg** and **plum sauce** drizzled over the top. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!