



# Crispy Confit Duck and Roasted Chantenay Carrots with Bacon and Red Wine Lentil Stew

Premium 30 Minutes • 1 of your 5 a day

30



Confit Duck Leg



Mixed Chantenay Carrots



Red Onion



Garlic Clove



Flat Leaf Parsley



Bacon Lardons



Red Wine Jus Paste



Brown Lentils

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Garlic Press, Saucepan and Sieve.

## Ingredients

	2P	3P	4P
Confit Duck Leg**	2	3	4
Mixed Chantenay Carrots**	150g	225g	300g
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Bacon Lardons**	60g	90g	120g
Water for the Lentils*	150ml	200ml	300ml
Red Wine Jus Paste <b>10) 14)</b>	15g	22g	30g
Brown Lentils	1 carton	1½ carton	2 cartons

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>424g</b>	<b>100g</b>
Energy (kJ/kcal)	2220 /530	524 /125
Fat (g)	25	6
Sat. Fat (g)	7	2
Carbohydrate (g)	31	7
Sugars (g)	4	1
Protein (g)	45	11
Salt (g)	2.78	0.66

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.

## Contact

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## Roast the Duck

Preheat your oven to 200°C. Remove the **confit duck legs** from their packaging. Place onto a lined baking tray, skin-side up, and drizzle with a little **oil**. Pop the **chantenay carrots** onto the tray.

**TIP:** Use two baking trays if necessary. Place on the top shelf of your oven and roast until golden, 25-30 mins. **IMPORTANT:** The duck is cooked when piping hot throughout.



## Do the Prep

Meanwhile, halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all).



## Start the Stew

Heat a drizzle of **oil** in a large saucepan over medium-high heat. Add the **bacon lardons**. **IMPORTANT:** Wash your hands after handling raw meat. Cook lardons thoroughly. Stir-fry until golden, 4-5 mins. Add the **onion** and cook for another 4-5 mins before stirring in the **garlic**. Cook for 30 secs.



## Simmer the Stew

Pour in the **water** (see ingredients for amount) and the **red wine jus paste**. Bring to the boil, stir to combine, then lower the heat. Simmer until slightly thickened, 5-6 mins. Meanwhile, drain and rinse the **lentils** in a sieve.



## Add the Lentils

When the stew has thickened, stir in the **lentils** and bubble away until piping hot, 2 mins. Remove from the heat, season to taste with **salt** and **pepper** and add **half** the **parsley**.



## Finish and Serve

Share the **lentils** between your bowls and place the **chantenay carrots** and **duck leg** on top. Finish with a sprinkle of **remaining parsley**.

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.