



# Duck A L'Orange

with Parsley Mash and Roasted Carrots

**CLASSIC** 30 Minutes • 1.5 of your 5 a day

N° 6



Carrot



Potato



Orange



Flat Leaf Parsley



Unsalted Butter



Duck Breast



Chicken Stock Powder

## Before you start

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

### Basic cooking tools you will need:

Large Saucepan (with a Lid), Fine Grater, Large Baking Tray, Colander, Frying Pan and Measuring Jug.

### Ingredients

	2P	3P	4P
Carrot**	3	4	6
Potato**	2	3	4
Orange**	½	1	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Sugar for the Carrots*	1 tsp	1½ tsp	2 tsp
Unsalted Butter 7)**	30g	45g	60g
Duck Breast**	2	3	4
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	563g	100g
Energy (kJ/kcal)	2542 / 609	452 / 108
Fat (g)	34	6
Sat. Fat (g)	15	3
Carbohydrate (g)	50	9
Sugars (g)	15	3
Protein (g)	28	5
Salt (g)	1.01	1.00

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 7) Milk

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

#### Thumbs up or thumbs down?

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HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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## 1. Get Prepped

Preheat your oven to 200°C, bring a large saucepan of water to the boil with ¼ tsp of **salt**. Trim the **carrot** (no need to peel), quarter lengthways and chop into batons about the length of your index finger. Peel the **potato** and chop into 2cm chunks. Zest and halve the **orange**, squeeze the **juice** into a small bowl and set aside. Finely chop the **parsley** (stalks and all).



## 4. Fry the Duck

Pop a frying pan on medium-high heat (no oil). Once hot, lay the **duck** in the pan skin-side down, fry until the skin is golden, 5 mins. Turn, cook for 1 minute on the flesh side to seal the meat. **IMPORTANT:** Wash your hands after handling raw meat and it's packaging. Transfer to one end of the **carrot** baking tray skin side up and roast on the top shelf of your oven until cooked, 10-12 mins.



## 2. Roast the Carrots

Pop the **carrots** into a bowl, add a drizzle of **oil** and season with **salt** and **pepper** and the **sugar** (see ingredient list for amount you need). Toss to coat then pop on a large baking tray in a single layer (keep the bowl). Roast in your oven until golden and tender, 20-25 mins, turn halfway through cooking.



## 5. Make the Sauce

While the **duck** is in the oven, discard all but 1 tbsp of **duck fat** from the pan and pop back on medium heat. Add the **water** (see ingredient list for amount), **chicken stock powder** and **three quarters** of the **orange juice**. Stir, bring to the boil and simmer, stirring occasionally until the liquid has reduced by half, 3-5 mins. Once the **duck** is cooked, remove from your oven to a board, leave to rest for a few mins. **IMPORTANT:** The duck is cooked when it is no longer pink in the middle.



## 3. Mash Time!

Meanwhile, add the **potatoes** to the boiling **water** and simmer until tender, 15-20 mins. Once cooked, drain in a colander and season with **salt** and **pepper**, a splash of **milk** (if you have some), the **parsley** and **half** the **butter**. Mash until smooth, cover with a lid, set aside. Meanwhile, pop your **orange zest** in the bowl you used for the **carrots** along with a pinch of **salt** and **pepper**. Add the **duck**, turn to coat in the **zest**, set aside.



## 6. Finish and Serve

Once the **sauce** has reduced, remove from the heat and stir in the remaining **butter** until melted. Taste and add more **orange juice** if you like things orangey. Thinly slice the **duck** and serve on plates with the **mash** and **carrots** alongside and the **sauce** drizzled over the top.

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.