



# DUCK CONFIT LASAGNE

WITH ROASTED TENDERSTEM®



SPECIALITY INGREDIENT



HELLO LASAGNE

*This delicious dish originated in Italy during the Middle Ages.*



Duck Leg Confit



Finely Chopped Tomatoes with Garlic and Onion



Water for the Ragu



Chicken Stock Pot



Water for the Sauce



Netherend Unsalted Butter



Plain Flour



Milk



Basil



Lasagne Sheets



Hard Italian Cheese



Tenderstem Broccoli®

45 mins

3.5 of your 5 a day

This recipe is a delicious fusion of French and Italian cuisine, and we have to say, it's a complete showstopper. Its creation was a real labour of love for our chefs, who cooked it over 20 times in our testing kitchen before they were happy with the final result. Unsurprisingly, this was great news for everyone in the office who got to enjoy it for lunch for two weeks straight! We hope you love it as much as we do!

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **frying Pan, Measuring Jug, Small Saucepan, Whisk, Ovenproof Dish**, some **Baking Paper** and a **Baking Tray**. Now, let's get cooking!



## 1 PREPARE THE DUCK

Preheat your oven to 200°C and boil your kettle. Carefully peel the skin off the **confit duck legs**. ★ **TIP:** *An easy way to do this is to slip a finger under the skin and ease it away from the flesh, then gently pull it off.* Don't worry if it comes off in pieces! Remove and discard the skin, fat and grease. Pull the **duck flesh** off the bone into a bowl. Shred roughly using two forks or your fingers.



## 2 SIMMER THE RAGU

Pop the **duck** in a frying pan on medium-high heat. Tip in the **finely chopped tomatoes with garlic and onion** and pour in the boiling **water** (amount specified in the ingredient list) along with **half the chicken stock pot**. Grind in some **black pepper** and bring to a simmer, stirring to dissolve the **stock pot**. Allow to simmer until thickened, 10-15 mins. Stir occasionally, then remove from the heat.



## 3 MAKE THE BECHAMEL SAUCE

Meanwhile, **mix** the **boiling water** (amount specified in ingredient list) with the remaining **stock pot**. Melt the **butter** in a small saucepan on medium heat and add the **flour**. Stir and cook (continuing to stir) for 2-3 mins. Gradually pour in all the **milk** and **stock**, whisking all the time. Then bring to the boil (still whisking). The **mixture** will thicken as it boils. Remove from the heat and season with a pinch of **salt** and **black pepper**.



## 4 ASSEMBLE THE LASAGNE

Roughly chop the **basil**. Once the **ragu** is ready, stir in the **basil**. Lightly **oil** the bottom of an ovenproof dish and lay in the first **lasagne sheet**. Snap one of the spare sheets to completely cover the base. Spoon a **third** of the **ragu** into the dish on top of the pasta layer, then drizzle over a **third** of the **bechamel sauce**. Sprinkle over a **third** of the **hard Italian cheese** and place another sheet of **pasta** on top of the **cheese**.



## 5 BAKE THE LASAGNE

Repeat these layers again using another third of the **ragu**, **bechamel**, **hard Italian**, followed by another layer of **pasta**. Spread the last **third** of **ragu** on top, drizzle over the remaining **bechamel** and sprinkle on any remaining **hard Italian cheese**. Bake on the middle shelf of your oven until you can easily stick a knife through the **pasta** and the top is golden, 25 mins.



## 6 FINISH AND SERVE

Put the **tenderstem**® on a lined baking tray and drizzle with **oil**, a pinch of **salt** and **black pepper**. When the lasagne has been cooking for 10-15 mins, pop the **tenderstem**® in your oven for the last 15 mins of lasagne cooking time (check the **broccoli** after 10 mins). Meanwhile, finish your washing up! When ready, spoon the lasagne onto plates with a side of crispy **tenderstem**®. **Enjoy!**

# 2 PEOPLE INGREDIENTS

Duck Leg Confit	2
Finely Chopped Tomatoes with Garlic and Onion	1 carton
Water for the Ragu *	75ml
Chicken Stock Pot	1
Water for the Sauce *	50ml
Netherend Unsalted Butter 7)	15g
Plain Flour 1)	16g
Milk 7)	189ml
Basil, chopped	1 bunch
Lasagne Sheets 1) 3)	3
Hard Italian Cheese 7)	40g
Tenderstem Broccoli®	1 pack

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	1042	150
(kJ)	4335	622
Fat (g)	51	7
Sat. Fat (g)	18	3
Carbohydrate (g)	66	10
Sugars (g)	20	3
Protein (g)	76	11
Salt (g)	6.19	0.89

## ALLERGENS

1)Gluten 3)Egg 7)Milk

**Chicken Stock Pot** : Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

## PAIR THIS MEAL WITH

A bold red like an Italian Chianti



### ENJOYING OUR PREMIUM RECIPES?

Or if you just have feedback in general, please get in touch on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

You made this, now show it off! Share your creations with us:

