



HOISIN DUCK STIR-FRY

with Egg Noodles and Red Pepper



HELLO HOISIN

This sauce's name means 'seafood' despite not containing any!



Red Pepper



Echalion Shallot



Coriander



Lime



Egg Noodles



Confit Duck Leg



Hoisin Sauce



Soy Sauce

30 mins

Fresh, flavoursome and easy to cook, the reasons why we love this 30-minute hoisin duck stir-fry are endless. In this recipe, we've used pre-cooked duck confit legs to help you get full on flavour in double quick time - simply shred the meat and add it straight to your veg-filled frying pan. Finish by coating everything with the glossy hoisin sauce and serve piping hot with a sprinkling of fresh coriander. Delicious!

MEAL BAG

4

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Fine Grater, Colander** and **Frying Pan** (or **Wok**). Now, let's get cooking!



1 DO THE PREP

Put a large saucepan of water with a pinch of salt on to boil for the noodles. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve, peel and thinly slice the **shallot**. Roughly chop the **coriander** (stalks and all). Zest the **lime**, then cut in half.



2 COOK THE NOODLES

When the **water** is boiling add the **noodles** to the pan and cook for 4 mins. When cooked, drain in a colander, return to the pan (off the heat) and cover with cold water. Keep to one side. **★ TIP:** *The cold water stops the noodles sticking together or cooking further.*



3 SHRED THE DUCK

Meanwhile, open the packet of **confit duck**. Scrape off and discard any liquid or fat. Remove the skin with your fingers, then pull the **meat** from the bones. Discard the bones and skin. Break up the **meat** with your fingers.



4 START THE STIR-FRY

Heat a splash of **oil** in a frying pan or wok over high heat. Add the **pepper** and **shallot** and fry until beginning to soften, 2-3 mins. Lower the heat to medium and add the **shredded duck**. Cook until the **duck** is piping hot, another 3-4 mins.



5 FINISH OFF

Add the **hoisin sauce** and stir well. Add the drained **noodles** and toss together until all the ingredients are coated in the **sauce**. Stir in the **soy sauce**, **lime zest**, a splash of **water** and a squeeze of **lime juice**. Bring to a bubble and cook until everything is piping hot, 1-2 mins.



6 SERVE

Share the **hoisin duck stir-fry** between you plates and finish with a sprinkling of **coriander**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Pepper *	1	2	2
Echalion Shallot *	1	2	2
Coriander *	1 bunch	1 bunch	1 bunch
Lime *	1	1½	2
Egg Noodles 8) 13)	2 nests	3 nests	4 nests
Confit Duck Leg *	2	3	4
Hoisin Sauce 11) 13)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 469G	PER 100G
Energy (kJ/kcal)	3397 / 812	724 / 173
Fat (g)	31	7
Sat. Fat (g)	8	2
Carbohydrate (g)	74	16
Sugars (g)	25	5
Protein (g)	62	13
Salt (g)	5.68	1.21

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

8) Egg 11) Soya 13) Gluten

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

THUMBS UP OR THUMBS DOWN?

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