



# Hoisin-Glazed Duck Breast

with Ginger-Garlic Rice & Crispy Shallots

Grab your Meal Kit  
with this symbol



Garlic



Ginger



Basmati Rice



Duck Breast



Baby Broccoli



Hoisin Sauce



Long Green Chilli  
(Optional)



Crispy Shallots

Hands-on: 20-30 mins  
 Ready in: 35-45 mins  
 Spicy (optional long green chilli)

Elegant and impressive yet without all the fuss! Beautifully glazed duck breast with baby broccoli and aromatic ginger-garlic rice make for a fantastic special occasion dinner that's sure to make jaws drop the moment you serve up.

## Pantry items

Olive Oil, Butter, Honey, Rice Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
butter*	20g	40g
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
basmati rice	1 packet	1 packet
duck breast	1 packet	2 packets
baby broccoli	1 bag	2 bags
hoisin sauce	1 packet (75g)	2 packets (150g)
honey*	1 tsp	2 tsp
rice wine vinegar*	1 tsp	2 tsp
water* (for the sauce)	¼ cup	½ cup
long green chilli (optional)	½	1
crispy shallots	1 packet	1 packet

\*Pantry items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4020kJ (961Cal)	949kJ (227Cal)
Protein (g)	34.2g	8.1g
Fat, total (g)	66.5g	15.7g
- saturated (g)	20.6g	4.9g
Carbohydrate (g)	87.7g	20.7g
- sugars (g)	14.8g	3.5g
Sodium (mg)	1056mg	249mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](http://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## Fancy a drop?

We recommend pairing this meal with Pinot Noir or Shiraz



### Cook the ginger-garlic rice

Preheat the oven to **220°C/200°C fan-forced**. Finely grate the **garlic** and **ginger**. In a medium saucepan, melt the **butter** and a dash of **olive oil** over a medium heat. Cook the **garlic** and **ginger** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and the **salt** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



### Cook the duck

While the rice is cooking, heat a large frying pan over a medium heat. Season both sides of the **duck breast** with **salt**, then place, skin-side down, in the hot pan. Cook until the skin is crisp, **12 minutes**. Increase the heat to high and turn to sear the flesh on all sides until browned, **1 minute**. Transfer to a lined oven tray and roast the **duck** until cooked through, **10-12 minutes**. Transfer to a plate to rest for **5 minutes**.



### Cook the baby broccoli

When the duck has **5 minutes** roast time remaining, discard any excess duck fat in the frying pan and return to a medium-high heat. Cook the **baby broccoli** until just tender, **4-5 minutes**. Season with **pepper**, then transfer to a bowl.



### Heat the hoisin glaze

While the duck is resting, combine the **hoisin sauce**, **honey**, **rice wine vinegar** and **water (for the sauce)** in a small bowl. Return the frying pan to a medium heat. Cook the **hoisin sauce mixture**, stirring, until heated through and slightly thickened, **1-2 minutes**. Season to taste.



### Prep the baby broccoli

While the duck is cooking, trim and halve the **baby broccoli** lengthways.



### Serve up

Thinly slice the **long green chilli** (if using). Slice the duck breast. Divide the ginger-garlic rice between plates. Top with the duck and baby broccoli, then spoon the hoisin glaze over the duck. Garnish with the **crispy shallots** and chilli to serve.

**Enjoy!**