



# HONEY & SUMAC DUCK BREAST

with Roasted Plum, Tomato and Bulgur Wheat Salad with Walnut Dressing

SPECIALITY INGREDIENT



## HELLO SUMAC

This tart-tasting spice is made from dried, powdered berries. It's popular in the Middle East.



Plum



Flat Leaf Parsley



Garlic Clove



Lemon



Walnuts



Premium Tomato Mix



Honey



Sumac



Bulgur Wheat



Duck Breast



Tenderstem® Broccoli

MEAL BAG

45 mins

1 of your 5 a day

Little heat

Tonight's dinner is a veritable explosion of colour and flavour. Bulgur wheat, tomatoes mixed with walnuts, parsley and lemon zest with beautiful roasted plums make a bed for the crispy-skinned duck. The duck is glazed with honey and sumac, which has a tangy lemon flavour slightly less tart than lemon juice. The two pair great with the rich, lusciousness of duck breast that needs a tart sauce to cut through it while the honey compliments its sweetness. Serve with tenderstem for one heck of a midweek treat.

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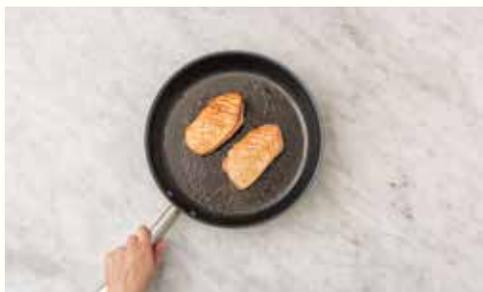
# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Baking Tray, Fine Grater, Mixing Bowl, Measuring Jug, Large Saucepan (with a Lid), Large Frying Pan (with a Lid)** and some **Foil**. Now, let's get cooking!



## 1 GET CHOPPING

Preheat your oven to 200°C. Halve the **plums**, remove the stone, slice each half into three **wedges**. Pop onto a large baking tray, drizzle with **oil** and add a pinch of **salt** and **pepper**. Set aside. Roughly chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Zest the **lemon** and cut into wedges. Roughly chop the **walnuts**, halve the **tomatoes**. Pop the **parsley, lemon zest, tomatoes** and a pinch of **salt** in a large mixing bowl. Mix, set aside.



## 4 FRY THE DUCK

Meanwhile, put a large frying pan on medium-high heat (no oil). Season the **duck** with **salt**. When hot, fry the **duck breasts** skin-side down until the skin is golden, 4-5 mins. Turn and cook the flesh side for 1 minute then sprinkle the remaining **sumac** and **honey** over the **duck**. Roll the **breast** around in the **glaze** until nicely coated, then pop the **duck**, skin-side up, onto the tray with the **plums**. Drizzle over the **honey** from the pan.



## 2 MAKE THE DRESSING

Put the **olive oil** (see ingredients for amount) and the **juice** from **half** the **lemon** into a small bowl. Squeeze in **half** the **honey** and mix together well. Stir in the **walnuts** and **one-quarter** of the **sumac**. Add a small pinch of **salt** and **pepper** then set to one side. This is your **dressing**!



## 5 STEAM-FRY THE BROCCOLI

Roast on the top shelf of the oven for 8-10 mins this gives you a medium-rare duck; for well done, roast for 3-4 mins more. **! IMPORTANT:** *The duck is safe to eat when the outside is cooked.* Return your frying pan to medium-high heat (with a drizzle of **oil** if the pan is dry). Once hot, add the **broccoli** with a pinch of **salt** and **pepper**. Stir-fry for 1 minute. Add the **garlic**, cook for 30 seconds then add a splash of **water**. Cover with a lid and cook until the **broccoli** is tender, 2-3 mins.



## 3 COOK THE BULGUR

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. Stir in the **bulgur wheat** and a good pinch of **salt** and **pepper** and bring back to the boil. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



## 6 FINISH UP

Once cooked, transfer the **duck** to a board, cover loosely with foil and leave to rest for a few mins. Meanwhile, fluff up the **bulgur** with a fork and stir into the **tomato mixture** to combine well. Gently fold through the **roasted plums**. Share between your plates. Cut each **duck breast** into five slices and lay on top of the **bulgur**. Serve the **broccoli** on the side. Drizzle of **walnut and sumac dressing** all over the top. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

|                        | 2P             | 3P             | 4P             |
|------------------------|----------------|----------------|----------------|
| Plum *                 | 2              | 3              | 4              |
| Flat Leaf Parsley *    | 1 bunch        | 1 bunch        | 1 bunch        |
| Garlic Clove *         | 1              | 2              | 2              |
| Lemon *                | 1              | 1½             | 2              |
| Walnuts 2)             | 1 small bag    | 1 large bag    | 1 large bag    |
| Premium Tomato Mix *   | 1 small punnet | 1 large punnet | 1 large punnet |
| Olive Oil*             | 1 tbsp         | 1½ tbsp        | 2 tbsp         |
| Honey                  | 2 sachets      | 3 sachets      | 4 sachets      |
| Sumac                  | 1 small pot    | ¾ large pot    | 1 large pot    |
| Water*                 | 200ml          | 300ml          | 400ml          |
| Bulgur Wheat 13)       | 100g           | 150g           | 200g           |
| Duck Breast *          | 2              | 3              | 4              |
| Tenderstem® Broccoli * | 1 medium pack  | 1 large pack   | 2 medium packs |

\*Not Included \* Store in the Fridge

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING 517G | PER 100G  |
|-----------------------------------|------------------|-----------|
| Energy (kJ/kcal)                  | 2807 / 671       | 543 / 130 |
| Fat (g)                           | 19               | 4         |
| Sat. Fat (g)                      | 4                | 1         |
| Carbohydrate (g)                  | 65               | 13        |
| Sugars (g)                        | 24               | 5         |
| Protein (g)                       | 60               | 12        |
| Salt (g)                          | 1.06             | 0.20      |

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

2) Nut 13) Gluten

### PAIR THIS MEAL WITH

A red wine like a Pinot Noir.

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.

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