



# Honeyed Duck Breast

with Asian Fried Bok Choy and Mushroom, Jasmine Rice

N° 13

**PREMIUM** 40 Minutes • Medium Heat



Garlic Clove



Red Chilli



Coriander



Lime



Star Anise



Fragrant Jasmine Rice



Duck Breast



Honey



Bok Choy



Yellow and Grey Oyster Mushrooms



Soy Sauce

## Before you start

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

### Basic cooking tools you will need:

Measuring Jug, Saucepan, Fine Grater, Large Frying Pan and Baking Tray.

### Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Garlic Clove**	1 clove	2 cloves	2 cloves
Red Chilli**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	1	1	1
Star Anise	1 pot	1 pot	1 pot
Fragrant Jasmine Rice	150g	225g	300g
Duck Breast**	2	3	4
Honey	1 sachet	2 sachets	2 sachets
Bok Choy**	1	2	2
Yellow and Grey Oyster Mushrooms**	1 punnet	2 punnets	2 punnets
Soy Sauce <b>11</b> <b>13</b>	1 sachet	1 sachet	2 sachets

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	433g	100g
Energy (kJ/kcal)	2611 /624	603 /144
Fat (g)	12	3
Sat. Fat (g)	4	1
Carbohydrate (g)	72	17
Sugars (g)	8	2
Protein (g)	57	13
Salt (g)	3.17	0.73

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**11)** Soya **13)** Gluten

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

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## 1. Prep Time

Preheat your oven to 200°C. Pour the **water** (see ingredients for amount) into a saucepan and bring to the boil. Meanwhile, peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, remove the seeds then chop finely. Roughly chop the **coriander** (stalks and all). Zest the **lime** then chop into wedges.



## 4. Roast the Duck

Transfer the **duck** to a baking tray (keep the frying pan with the juices!), skin side up, drizzle with the **honey** then roast on the top shelf of your oven for 15 mins. **IMPORTANT:** The duck is cooked when it is no longer pink in the middle. **IMPORTANT:** Wash your hands after handling raw duck and its packaging.



## 2. Cook the Rice

When the **water** is boiling, stir in the **star anise**, ¼ tsp of **salt** and add the **jasmine rice**. Bring back to the boil, then lower the heat to medium-low, pop a lid on the pan and cook for 10 mins. Remove the pan from the heat and leave to the side for another 10 mins. **TIP:** The rice will continue to cook in its own steam.



## 5. Stir-Fry

Once the **duck** is in the oven, finely slice the **bok choy** widthways. Chop any **large oyster mushrooms** in half and leave the smaller ones whole. Return the frying pan with the **juices** to a high heat. Add the **bok choy, garlic** and **mushrooms**, stir-fry for 3-4 mins. Add a pinch of **chilli**, half the **coriander** and a pinch of **lime zest**. Stir in the **soy sauce**, a squeeze of **lime juice** and a pinch of **sugar** (if you have any). Remove from the heat.



## 3. Fry the Duck

Meanwhile, put a large frying pan on medium-high heat (no oil). Season the **duck breasts** on both sides with **salt** and **pepper**. When hot, lay the **duck breasts** in the pan, skin side down. Leave to cook until the skin is golden, 4-5 mins, then turn over and brown for another minute on the flesh side.



## 6. Serve

When the **duck** is cooked, transfer to a board, cover loosely with foil and leave to rest for a few mins before cutting into 5 slices. Season the **veggies** to taste with **salt** and **pepper** - add a squeeze more **lime** if it needs it. Fluff up the **rice** with a fork (removing the star anise!) then serve in bowls topped with the **veggies** (reheat them if necessary). Finish with the **duck** and a final sprinkling of **coriander** and **chilli**, if you like a kick. **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.