

# Pulled Teriyaki Duck

## with Spicy Peppered Chips, Peanuts and Pickled Radishes

Street Food • 35-45 Minutes • Mild Spice • 1 of your 5 a day



Potatoes



Confit Duck Leg



Radish



Rice Vinegar



Bell Pepper



Garlic Clove



Black Peppercorns



Salted Peanuts



Coriander



Chinese Five Spice



Chilli Flakes



Teriyaki Sauce

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#### Pantry Items

Oil, Salt, Pepper, Sugar

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, baking paper, garlic press, bowl and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	700g	900g	1400g
Confit Duck Leg**	2	3	4
Radish**	50g	75g	100g
Rice Vinegar	1 sachet	2 sachets	2 sachets
Bell Pepper***	1	2	2
Garlic Clove**	1	2	2
Black Peppercorns	1 pots	1 pot	2 pots
Salted Peanuts 1)	25g	40g	50g
Coriander**	1 bunch	1 bunch	1 bunch
Chinese Five Spice	1 sachet	1 sachet	2 sachets
Chilli Flakes	1 pinch	1 pinch	2 pinch
Teriyaki Sauce 11)	75g	100g	150g
Pantry	2P	3P	4P
Sugar for the Pickle*	½ tsp	½ tsp	½ tsp

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	654g	100g
Energy (kJ/kcal)	3003 / 718	459 / 110
Fat (g)	24.4	3.7
Sat. Fat (g)	6	0.9
Carbohydrate (g)	86.8	13.3
Sugars (g)	21	3.2
Protein (g)	41.2	6.3
Salt (g)	3.02	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

### 1) Peanut 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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### Chop the Chips

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop onto a large baking tray. Drizzle with **oil**, season with **salt**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When hot, roast on the top shelf of your oven until golden, 30-35 mins. Turn halfway through.



### Roast the Duck

Meanwhile, remove the **confit duck legs** from their packaging. Place onto a lined baking tray, skin-side up, and season with **salt** and **pepper**.

Roast on the middle shelf of your oven for 25-30 mins. **IMPORTANT:** The duck is cooked when piping hot throughout.



### Finish the Prep

While everything cooks, trim and thinly slice the **radishes**. Pop them into a small bowl with the **vinegar** and **sugar** for the pickle (see ingredients for amount). Add a pinch of **salt**, mix together, then set your **pickled radishes** aside.

Halve the **pepper** and discard the core and seeds. Slice into thin strips, then chop into roughly 1cm pieces. Peel and grate the **garlic** (or use a garlic press).

Crush the **black peppercorns**, then roughly chop the **peanuts** and **coriander** (stalks and all).



### Make the Spicy Seasoning

Heat a drizzle of **oil** in a frying pan on medium-high heat.

When hot, add the **chopped pepper** and stir-fry until slightly charred, 4-5 mins. Season with **salt**, then add the **garlic**, **crushed peppercorns**, **Chinese Five Spice** and a pinch of **chilli flakes** (add less if you don't like heat).

Stir and cook for 1-2 mins, then remove from the heat and transfer the **spicy seasoning** into a bowl.



### Shred and Flavour

Once the **duck** is cooked, transfer to a plate. Use two forks to shred the **duck** as finely as you can. Discard the bones.

Pop your (now empty) frying pan back on medium heat and add the **duck** and **teriyaki sauce**.

Stir together and cook until piping hot, 1-2 mins. Remove from the heat.

Once the **chips** are cooked, remove them from the oven and add the **spicy seasoning** to the tray, mixing everything together.



### Serve

Share the **chips** between your plates and top with the **teriyaki duck**.

Scatter over the **pickled radishes**, **coriander** and **peanuts**, then tuck in.

### Enjoy!

