



# Roast Duck & Chive-Parmesan Mash

with Hazelnut Greens



Potato



Chives



Grated Parmesan  
Cheese



Baby Broccoli



Green Beans



Hazelnuts



Garlic



Red Onion



Roast Duck  
Breast



Caramelised Onion  
Chutney

Hands-on: 25-35 mins  
 Ready in: 30-40 mins  
 Naturally Gluten-Free  
Not suitable for coeliacs

Spice up your Sunday roast with decadent duck breast and all the trimmings: from the cheesy chive mash to the hazelnut-adorned greens and a sweet and savoury caramelised onion sauce, everyone will want seconds.

## Pantry items

Olive Oil, Butter, Milk

## 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 · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
chives	1 bag	1 bag
butter*	20g	40g
milk*	2 tbs	¼ cup
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
baby broccoli	1 bunch	2 bunches
green beans	1 small bag	1 medium bag
hazelnuts	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
red onion	1	2
roast duck breast	1 packet	2 packets
caramelised onion chutney	1 packet	2 packets
water*	3 tbs	6 tbs

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3512kJ (839Cal)	509kJ (122Cal)
Protein (g)	54g	7.8g
Fat, total (g)	45.7g	6.6g
- saturated (g)	15.3g	2.2g
Carbohydrate (g)	48.1g	7g
- sugars (g)	17.1g	7g
Sodium (mg)	803mg	116mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.com.au/foodinfo](http://hellofresh.com.au/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 a Pinot Noir or Tempranillo.



### Make the mash

Preheat the oven to **240°C/220°C fan forced**. Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into large chunks. Roughly chop the **chives**. Cook the **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return to the pan. Add the **butter** and **milk** to the **potato**. Season generously with **salt**. Mash until smooth. Stir through the **grated Parmesan cheese** and **chives**. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!



### Get prepped

While the potato is cooking, slice the **baby broccoli** in half lengthways. Trim the **green beans**. Roughly chop the **hazelnuts**. Finely chop the **garlic**. Thinly slice the **red onion**.



### Cook the greens

While the duck is resting, wash out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **baby broccoli**, **green beans** and **onion** until softened, **4-5 minutes**. Add the **garlic** and **hazelnuts** and cook until fragrant, **1-2 minutes**. Season with **salt** and **pepper**. Transfer to a medium bowl and cover to keep warm.



### Make the sauce

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **caramelised onion chutney** and the **water**. Season, then cook, stirring, until slightly reduced, **1 minute**. Remove from the heat.



### Cook the duck

On a lined oven tray, place the **roast duck breast**, skin-side up. Roast until lightly browned and heated through, **8-10 minutes**. Remove from the oven. Heat a large frying pan over a high heat. Once hot, transfer the **duck** to the pan, skin-side down. Cook until the skin is golden brown, **1-2 minutes**. Transfer to a plate to rest for **5 minutes**.

**TIP:** For even browning, press down on the duck in the frying pan using a spatula.



### Serve up

Slice the roast duck. Divide the duck, chive-Parmesan mash and hazelnut greens between plates. Spoon the caramelised onion sauce over the duck to serve.

### Enjoy!

