



# Pan-Fried Duck, Garlicky Greens and Apple with Roasted Potatoes

**CLASSIC** 30 Minutes • 1 of your 5 a day

N° 6



Potato



Garlic Clove



Apple



Rosemary



Duck Breast



Sliced Spring Greens



Redcurrant Jelly

## Before you start

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

### Basic cooking tools you will need:

Baking Tray, Fine Grater (or Garlic Press) and Frying Pan.

### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Garlic Clove**	1 clove	2 cloves	2 cloves
Apple**	1	1½	2
Rosemary**	½ bunch	¾ bunch	1 bunch
Duck Breast**	2	3	4
Sliced Spring Greens**	1 small pack	1 large pack	2 small packs
Redcurrant Jelly	2 pots	3 pots	4 pots
Water for the Drizzle*	2 tbsp	3 tbsp	4 tbsp

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	492g	100g
Energy (kJ/kcal)	2146 /513	437 /104
Fat (g)	13	3
Sat. Fat (g)	3	1
Carbohydrate (g)	59	12
Sugars (g)	20	4
Protein (g)	41	8
Salt (g)	0.44	0.09

Nutrition for uncooked ingredients based on 2 person recipe.

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. Cook the Potato

Preheat the oven to 200°C. Chop the **potato** into 2cm chunks (no need to peel!). Pop the **potato chunks** on a large baking tray in a single layer. Drizzle with **oil**, and season with **salt** and **pepper**. Toss to coat in the **oil**, then roast onto the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



## 4. Rest the Duck

Pour some of the **duck fat** over the top of the **potatoes**, then return the tray to the top shelf of the oven until the duck is cooked and the potatoes are roasted, 10-12 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.* Once cooked, transfer your **duck** to a board and cover with foil. Leave to rest for a few mins.



## 2. Get Prepared

Meanwhile, peel and grate the **garlic** (or use a garlic press). Quarter the **apple** and remove the core. Thinly slice, then chop the slices into thin matchsticks. Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks).



## 5. Fry the Greens

While your duck cooks, return the now-empty frying pan to a medium heat with a glug of **oil**. Once hot, add the **spring greens**, **apple** and **rosemary**. Season with **salt** and **pepper**. Stir-fry until the **greens** have just wilted, then stir in the **garlic** and a small knob of **butter** (if you have some). Cook for one minute then transfer the **greens** into a bowl. Cover with foil to keep warm while you make the drizzle.



## 3. Fry the Duck

Pop a frying pan on medium high heat (no oil). Once hot, season the **duck** all over and lay it in the pan skin side down. Fry until the skin is golden, 5 mins. Lower the heat to medium if it's browning too quickly. Turn and brown the flesh side for one minute, then transfer to the baking tray with the **potatoes**, keep the pan! **IMPORTANT:** *Wash your hands after handling raw meat!*



## 6. Assemble

Pop the **redcurrant jelly** and **water** (see ingredients for amount) into a saucepan on medium high heat. Bring to the boil, stirring continuously to melt the **jelly**. Bubble until glossy, 1-2 mins. Remove from the heat. Once the **duck** has rested, slice thinly and stir any **resting juices** into the **drizzle**. Share the **potatoes** and **greens** between your plates and lay the **duck** on top. Spoon the **drizzle** over the top of the **duck**.

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.