



# SEARED DUCK BREAST

WITH A SUMMER BERRY JUS AND ROASTED GARLIC MASH



• SPECIALITY INGREDIENT •



HELLO POTATO

*Astronauts have been able to grow potatoes in space!*



Chantenay Carrots



Garlic Clove



Potato



Duck Breast



Honey



Redcurrant Jelly



Red Wine Stock Pot



Flat Leaf Parsley

Spoil yourself! Our classic dish is pure luxury so, although it might not take long to make, you'll want to savour it. Plump duck breasts roasted with sweet Chantenay carrots in a rich redcurrant and red wine sauce and roasted garlic mash. Relax and enjoy...

🕒 45 mins

🍏 1 of your 5 a day

MEAL BAG

13

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan**, some **Baking Paper**, a **Baking Tray**, **Colander**, **Frying Pan**, **Measuring Jug** and **Potato Masher**. Now, let's get cooking!



## 1 ROAST THE CARROTS

Preheat your oven to 200°C and put a large saucepan of water with a pinch of salt on to boil for the potato. Trim the **chantenay carrots** and halve any large ones lengthways. Pop on a lined baking tray along with the **garlic cloves** (leave them in their skins). Drizzle with a little **oil** and season with **salt** and **pepper**. Toss to coat then spread out and roast on the top shelf of your oven for 25-30 mins. Turn halfway through cooking.



## 4 MAKE THE JUS

While the **duck** and **carrot** cooks, drain any excess fat from the duck pan and return the pan to medium heat. Add the **water** (see ingredients for amount), **redcurrant jelly** and **stock pot**. Bring to the boil, stirring to dissolve the **jelly** and **stock pot**, then simmer on a low heat until rich and glossy, 6-8 mins. If it gets too thick, add a splash of hot water. Meanwhile, finely chop the **flat leaf parsley**.



## 2 BOIL THE POTATO

Meanwhile, peel the **potato** and chop into 2cm chunks. Add to the saucepan of boiling water and cook for 10-15 mins. **★ TIP:** *The potato is cooked when you can easily slip a knife through.* When it is done, drain in a colander and return to the pan, off the heat.



## 5 GARLIC MASH TIME

Mash the **potato** until smooth, adding a knob of **butter** (if you have some). Season well with **salt** and plenty of **pepper**. Remove the **garlic cloves** from the oven and carefully squeeze the flesh from the skins. **★ TIP:** *They should be soft enough to just pop out - but be careful, they will be hot!* Roughly chop them up before mashing into the **potato** - make sure it is well incorporated.



## 3 FRY THE DUCK

Meanwhile, put a frying pan on medium heat (no oil). Season the **duck breasts** on both sides with **salt** and **pepper**. Add to the pan skin-side down and cook for 4-5 mins, until the skin is golden. Turn over and cook for another minute on the flesh side, then remove from the pan and place, skin-side up, on the tray with the **carrots**. Drizzle the **honey** over the duck and return the tray to the oven for 8-10 mins.



## 6 SERVE

When the **duck** is cooked, remove to a board and leave to rest for a few minutes before cutting into five slices. Serve the **garlic mash** on plates topped with the **roasted duck**. Arrange the **chantenay carrots** around the plate, then drizzle the **redcurrant jus** over. Finish with a scattering of **parsley**. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Chantenay Carrots	1 punnet	2 punnets	2 punnets
Garlic Clove	2	3	4
Potato	1 small pack	1 large pack	2 small packs
Duck Breast	2	3	4
Honey	1 sachet	2 sachets	2 sachets
Water*	100ml	150ml	200ml
Redcurrant Jelly	1 pot	1½ pots	2 pots
Red Wine Stock Pot (14)	1	1½	2
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 616G	PER 100G
Energy (kcal)	602	98
(kJ)	2517	409
Fat (g)	12	2
Sat. Fat (g)	4	1
Carbohydrate (g)	73	12
Sugars (g)	28	5
Protein (g)	53	9
Salt (g)	1.31	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

14) Sulphites

## 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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