



Honeyed Duck Breast

with Asian Fried Pak Choi, Mushrooms and Jasmine Rice

Premium 35-40 Minutes • Mild Spice • 2 of your 5 a day

30



Garlic Clove



Red Chilli



Coriander



Lime



Jasmine Rice



Duck Breast



Honey



Pak Choi



Portobello Mushroom



Soy Sauce

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

Garlic press, fine grater, saucepan, lid, frying pan and baking tray.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Red Chilli**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	1	1	1
Jasmine Rice	150g	225g	300g
Duck Breast**	2	3	4
Honey	15g	30g	30g
Pak Choi**	1	2	2
Portobello Mushroom**	2	3	4
Soy Sauce 11) 13)	25ml	25ml	50ml

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	462g 2625/627	100g 569/136
Fat (g)	11.7	2.5
Sat. Fat (g)	3.6	0.8
Carbohydrate (g)	75.3	16.3
Sugars (g)	9.5	2.1
Protein (g)	57.0	12.3
Salt (g)	3.59	0.78

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

11) Soya 13) Cereals containing gluten

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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Get Prepped

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

Peel and grate the **garlic** (or use a garlic press).

Halve the **chilli** lengthways, deseed, then finely chop (see ingredients for amount).

Roughly chop the **coriander** (stalks and all). Zest the **lime**, then cut into wedges.



Hey Honey

Once seared, transfer the **duck** to a baking tray, skin-side up, and season with **salt** and **pepper**. Drizzle with the **honey**. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*

Roast on the top shelf of your oven until cooked, 16-18 mins. **IMPORTANT:** *The duck is fully cooked when no longer pink in the middle.*



Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Stir-Fry the Veg

While the **duck** roasts, slice the **pak choi** widthways. Thinly slice the **portobello mushrooms**.

Return the frying pan with the **duck fat** to high heat. Once hot, add the **pak choi** and **mushrooms**. Stir-fry for 3-4 mins.

Add the **garlic**, **half** the **chilli** (add less if you'd prefer things milder), **half** the **coriander** and a pinch of **lime zest**. Cook for 1 min.

Stir in the **soy sauce**, a squeeze of **lime juice** from a **lime wedge** and the **sugar for the sauce** (see pantry for amount), then remove from the heat. Season to taste with more **salt**, **pepper** and **lime juice** if needed.



Fry the Duck

Meanwhile, pop a large frying pan on medium-high heat (no oil).

Once hot, lay the **duck** in the pan, skin-side down, and fry until the skin is golden, 6-8 mins.

Flip, then sear the other side for 1 min more.

IMPORTANT: *Wash your hands and equipment after handling raw duck and its packaging.*



Slice and Serve

Once the **duck** is cooked, transfer it to a plate and rest for 5 mins, then cut widthways into 1cm slices.

Fluff up the **rice** with a fork, then share between your bowls. Top with the **stir-fried veg** (reheat first if needed), then lay the **sliced duck** on top.

Finish with a sprinkle of the remaining of **coriander** and **chilli** if you'd like some more heat.

Enjoy!