



Confit Duck Leg and Spring Onion Mash

with Roasted Plums, Braised Cabbage and Red Wine Jus

30

Premium 40-45 Minutes • 2 of your 5 a day



Red Cabbage



Plum



Confit Duck Leg



Red Wine Vinegar



Potatoes



Spring Onion



Red Wine Jus Paste



Redcurrant Jelly

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Saucepan, baking tray, colander and potato masher.

Ingredients

Ingredients	2P	3P	4P
Red Cabbage**	1	1	1
Plum**	2	3	4
Confit Duck Leg**	2	3	4
Red Wine Vinegar 14)	12g	18g	24g
Potatoes	450g	700g	900g
Spring Onion**	1	2	2
Red Wine Jus Paste 10) 14)	22g	33g	44g
Redcurrant Jelly	25g	37g	50g

Pantry	2P	3P	4P
Water for the Cabbage*	100ml	150ml	200ml
Water for the Jus*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	566g 2311/552	100g 409/98
Fat (g)	17.6	3.1
Sat. Fat (g)	4.7	0.8
Carbohydrate (g)	64.6	11.4
Sugars (g)	17.1	3.0
Protein (g)	37.1	6.6
Salt (g)	1.92	0.34

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

Allergens

10) Celery **14)** Sulphites

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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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Put a large saucepan of **water** on to boil for the **potatoes**.

Halve the **cabbage**, cut out and discard the tough core, then finely slice.

Halve the **plums** and remove the stone. Put the **plums** onto one side of a large baking tray, cut-side down. Remove the **confit duck legs** from their packaging and place onto the other side of the tray.

Once the oven is hot, roast the **duck** and **plums** on the top shelf of your oven until golden and tender, 25-30 mins. **IMPORTANT:** *Ensure the duck is piping hot throughout.*



Red Wine Jus Time

While everything cooks, trim and thinly slice the **spring onion**.

Pour the **water for the jus** (see pantry for amount) into a small saucepan and bring to the boil on high heat.

Stir in the **red wine jus paste**, then reduce the heat to medium-high. Allow the **sauce** to bubble and thicken, stirring regularly, 7-8 mins, then remove from the heat and set aside. **TIP:** *If your red wine jus paste has hardened, pop it in a bowl of hot water for 1 min.*



Braise the Cabbage

Meanwhile, heat a drizzle of **oil** in another large saucepan on medium heat.

Once hot, add the **cabbage** and cook, stirring frequently, until it starts to soften, 3-4 mins.

Add the **red wine vinegar** and allow it to evaporate, 1 min.

Stir in the **water for the cabbage** (see pantry for amount). Reduce the heat and simmer until the **cabbage** is soft and the liquid has evaporated, 20-25 mins.



Finishing Touches

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any). Mash until smooth.

Season with **salt** and **pepper**, then stir through the **spring onion**.

Once the **cabbage** is cooked, stir through the **redcurrant jelly** and season with **salt** and **pepper**.



Boil the Potatoes

While the **cabbage** cooks, peel and chop the **potatoes** into 2cm chunks.

Add the **potatoes** to your pan of **boiling water** with $\frac{1}{2}$ **tsp salt**. Cook until you can easily slip a knife through, 15-20 mins.



Serve Up

When everything's ready, reheat the **red wine jus** if necessary, adding a splash of **water** to loosen if needed.

Share the **spring onion mash** and **braised cabbage** between your plates, then top with the **confit duck legs** and **roasted plums**.

Spoon over the **red wine jus** to finish.

Enjoy!