



# Roasted Duck Breast and Redcurrant Jus with Garlic Mash and Honey Glazed Carrots

30

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



Potatoes



Garlic Clove



Carrot



Duck Breast



Redcurrant Jelly



Red Wine  
Stock Paste



Honey

**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, frying pan and colander.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Carrot**	3	4	6
Duck Breast**	2	3	4
Redcurrant Jelly	25g	37g	50g
Red Wine Stock Paste <b>14)</b>	28g	42g	56g
Honey	15g	30g	30g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	648g	100g
Energy (kJ/kcal)	2532 /605	391 /93
Fat (g)	12.2	1.9
Sat. Fat (g)	3.6	0.6
Carbohydrate (g)	73.3	11.3
Sugars (g)	25.4	3.9
Protein (g)	53.6	8.3
Salt (g)	3.01	0.47

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

## Allergens

### 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.  
Bring a large saucepan of **water** with  $\frac{1}{2}$  **tsp salt** to the boil for the **potatoes**.

Peel and chop the **potatoes** into 2cm chunks. Peel the **garlic**.

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Pop the **carrots** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

4



## Make the Redcurrant Jus

While the **duck** and **carrots** roast, drain any excess fat from the frying pan and wipe clean. Return to medium heat.

Pour in the **water for the sauce** (see pantry for amount), **redcurrant jelly** and **red wine stock paste**.

Bring to the boil, stirring to combine, then simmer until rich and glossy, 6-8 mins. Add a splash of **hot water** to loosen if needed.

2



## Boil the Potatoes

When the oven is hot, roast the **carrots** on the top shelf until tender, 20-25 mins. Turn halfway through.

When the pan of **water** is boiling, add the **potatoes** and **garlic cloves**. Cook until you can easily slip a knife through, 15-20 mins.

5



## Garlic Mash Time

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) and mash until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm.

When the **carrots** have 5 mins left, drizzle over the **honey** and return to the oven for the remaining time. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

3



## Get Frying

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.

Transfer the **duck** to a baking tray, skin-side up. Roast on the middle shelf of your oven until cooked, 16-18 mins. **IMPORTANT:** Wash your hands and equipment after handling raw duck and its packaging. It's fully cooked when no longer pink in the middle.

6



## Serve

When the **duck** is cooked, transfer to a board and leave to rest for a few mins before slicing each **breast** widthways into 4-5 slices.

Share the **garlic mash** between your plates. Lay the **sliced duck** on top and spoon over the **redcurrant jus**.

Serve with the **honey glazed carrots** alongside.

## Enjoy!