



Sesame Honey Roasted Duck Breast with Hoisin Noodles, Pak Choi and Mushrooms

Premium 35-40 Minutes • 1 of your 5 a day

30



Duck Breasts



Egg Noodle Nest



Garlic Clove



Pak Choi



Sliced Mushrooms



Ketjap Manis



Hoisin Sauce



Soy Sauce



Honey



Roasted White Sesame Seeds

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

Frying pan, baking tray, saucepan, garlic press and sieve.

Ingredients

Ingredients	2P	3P	4P
Duck Breasts**	2	3	4
Egg Noodle Nest 8) 13)	125g	187g	250g
Garlic Clove**	2	3	4
Pak Choi**	1	1½	2
Sliced Mushrooms**	80g	120g	180g
Ketjap Manis 11)	25g	37g	50g
Hoisin Sauce 11)	60g	120g	120g
Soy Sauce 11) 13)	15ml	25ml	30ml
Honey	15g	22g	30g
Roasted White Sesame Seeds 3)	5g	7g	10g
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	454g	100g
Energy (kJ/kcal)	3699 /884	815 /195
Fat (g)	14.2	3.1
Sat. Fat (g)	4.2	0.9
Carbohydrate (g)	77.6	17.1
Sugars (g)	26.3	5.8
Protein (g)	60.8	13.4
Salt (g)	5.51	1.21

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

Allergens

3) Sesame **8)** Egg **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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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Cook your Duck

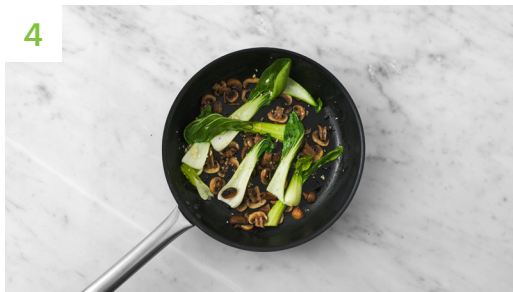
Preheat your oven to 220°C/200°C fan/gas mark 7.

Pop a frying pan on medium-high heat (no oil). Once hot, lay the **duck** in the pan, skin-side down, and fry until golden, 6-8 mins. Flip, then sear the other side for 1 min more.

Transfer to a baking tray, skin-side up, and season with **salt** and **pepper**. Roast on the top shelf of your oven until cooked, 16-18 mins.

Once cooked, transfer to a plate and rest for 5 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.



Get Frying

Heat a drizzle of **oil** in the (now empty) frying pan on high heat (no need to clean).

Once hot, add the **mushrooms** to the pan. Season with **salt** and **pepper** and fry until starting to brown, 3-4 mins.

Add the **pak choi** and stir-fry until just softened and the **mushrooms** have browned, 3-4 mins.

Add the **garlic** and fry for 30 secs more.



Prep Time

While the **duck** is in the oven, bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **noodles**.

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

Trim the **pak choi**, then separate the **leaves**.



Sauce Things Up

Stir the **ketjap manis**, **hoisin sauce**, **soy** and **water** for the **sauce** (see pantry for amount) into the **veg** man. Simmer until thickened slightly, 3-4 mins.

Stir the **cooked noodles** through the **sauce**.

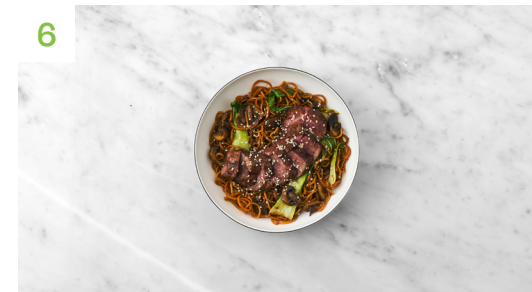
Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



Cook the Noodles

When your pan of **water** is boiling, add the **noodles** and cook until tender, 4 mins.

Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Slice and Serve

Once the **duck** has finished resting, thinly slice on your board.

Share your **hoisin noodles** between your serving bowls and top with your **sliced duck**.

Drizzle over the **honey** and sprinkle over the **sesame seeds** to finish. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

Enjoy!