



# Pulled Teriyaki Duck

with Spicy Chips, Peanuts and Pickled Red Onion

Street Food 35-45 Minutes • Mild Spice • 1 of your 5 a day

34



Potatoes



Confit Duck Legs



Red Onion



Rice Vinegar



Bell Pepper



Garlic Clove



Salted Peanuts



Chinese Five Spice



Teriyaki 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. Ingredients in red are hot!

## Cooking tools

Baking tray, bowl, garlic press, rolling pin and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	700g	900g	1400g
Confit Duck Legs**	2	3	4
Red Onion	½	¾	1
Rice Vinegar	15ml	22ml	30ml
Bell Pepper***	1	2	2
Garlic Clove**	1	2	2
Salted Peanuts <b>1)</b>	25g	40g	50g
Chinese Five Spice	1 sachets	1 sachets	2 sachets
Teriyaki Sauce <b>11)</b>	75g	100g	150g

Pantry	2P	3P	4P
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	728g	100g
Energy (kJ/kcal)	3941/942	541/129
Fat (g)	36.1	5.0
Sat. Fat (g)	9.3	1.3
Carbohydrate (g)	96.2	13.2
Sugars (g)	24.0	3.3
Protein (g)	62.6	8.6
Salt (g)	3.71	0.51

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

## Allergens

### 1) Peanut **11)** Soya

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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## Chip, Chip, Hooray

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop onto a large baking tray. Drizzle with **oil**, season with **salt**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When hot, roast on the top shelf of your oven until golden, 30-35 mins. Turn halfway through.



## Make the Chip Seasoning

Next, heat a drizzle of **oil** in a frying pan on medium-high heat.

Once hot, add the **chopped pepper** and stir-fry until slightly charred, 5-6 mins. Season with **salt** and **pepper**, then add the **garlic** and **Chinese Five Spice**.

Stir and cook for 1-2 mins, then remove from the heat and transfer the **spicy seasoning** to a bowl.



## Roast the Duck

Meanwhile, remove the **confit duck legs** from their packaging. Place onto a lined baking tray, skin-side up and season with **salt** and **pepper**.

Roast on the middle shelf of your oven for 25-30 mins. **IMPORTANT:** Ensure the duck is piping hot throughout.



## Shred and Flavour

Once the **duck** is cooked, transfer to a plate. Use two forks to shred the **duck** as finely as you can. Discard the bones.

Pop your (now empty) frying pan back on medium heat and add the **shredded duck** and **teriyaki sauce**. Stir together and cook until piping hot, 1-2 mins. Remove from the heat.

Once the **chips** are cooked, remove them from the oven and add the **spicy seasoning** (as much as you'd like) to the baking tray, mixing everything together.

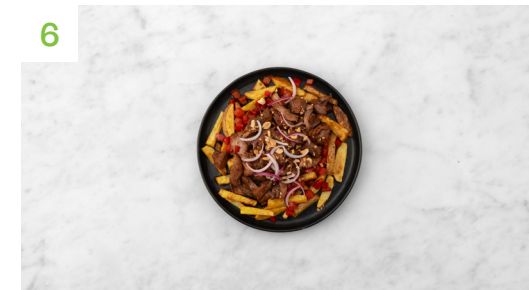


## Finish the Prep

While everything cooks, halve, peel and slice the **red onion** (see ingredients for amount) as thinly as you can. Pop it into a small bowl with the **rice vinegar** and **sugar for the pickle** (see pantry for amount). Add a pinch of **salt**, mix together and set aside.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips, then chop into roughly 1cm pieces.

Peel and grate the **garlic** (or use a garlic press). Crush the **peanuts** in the unopened sachet using a rolling pin.



## Serve

Share the **spicy chips** between your plates and top with the **teriyaki duck**.

Scatter over the **pickled onion** and **peanuts**, then tuck in.

## Enjoy!