



Cheesy Confit Duck Loaded Alpine Frites

with Crispy Bacon, Redcurrant Gravy and Zingy Apple Salad

Street Food 40-45 Minutes

34



Potatoes



Confit Duck Leg



Apple



Red Wine Vinegar



Bacon Lardons



Chicken Stock Paste



Mature Cheddar Cheese



Redcurrant Jelly



Premium Baby Leaf Mix

Pantry Items
Oil, Salt, Pepper, Sugar, Olive Oil, Butter, Plain Flour

Before you start

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

Cooking tools

Baking tray, baking paper, bowl, saucepan and grater.

Ingredients

Ingredients	2P	3P	4P
Potatoes	700g	1150g	1400g
Confit Duck Leg**	2	3	4
Apple**	1	1½	2
Red Wine Vinegar 14)	12g	18g	24g
Bacon Lardons**	60g	90g	120g
Chicken Stock Paste	10g	15g	20g
Mature Cheddar Cheese** 7)	60g	90g	120g
Redcurrant Jelly	25g	37g	50g
Premium Baby Leaf Mix**	50g	75g	100g

Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Butter*	15g	20g	30g
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Water for the Gravy*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	645g	100g
Energy (kJ/kcal)	3774 /902	585 /140
Fat (g)	44.9	7.0
Sat. Fat (g)	17.9	2.8
Carbohydrate (g)	79.4	12.3
Sugars (g)	14.0	2.2
Protein (g)	51.8	8.0
Salt (g)	5.42	0.84

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

Allergens

7) Milk 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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1 Prep the Frites

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

Chop the **potatoes** into 2cm wide wedges (no need to peel).

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

When the oven is hot, roast on the middle shelf until golden, 25-35 mins. Turn halfway through.



4 It's all Gravy

Pop the (now empty) saucepan on medium-high heat. Melt in the **butter** gently, then stir in the **flour** (see pantry for both amounts).

Continue to stir until combined, you've made a **roux!** Cook, stirring, until the **roux** is a medium brown colour, 3-4 mins.

Gradually stir in the **water for the gravy** (see pantry for amount), then stir in the **chicken stock paste** and bring to the boil, stirring out any lumps that form.

Lower the heat and simmer, stirring occasionally, until the **gravy** has thickened to your liking, 7-10 mins. Season with **pepper**.



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

While everything's in the oven, quarter, core and finely chop the **apple** (no need to peel).

In a medium bowl, mix together the **diced apple**, **red wine vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**, then set aside for later.



5 Finish the Prep

While the **gravy** simmers, grate the **cheese**.

Once the **gravy** is to your liking, add the **redcurrant jelly** and gently stir to combine. Add a splash of **water** if it's a little too thick.

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



3 Bring on the Bacon

Heat a drizzle of **oil** in a medium saucepan on medium-high heat.

Once hot, add the **bacon lardons**. Stir-fry until golden, 4-5 mins, then remove from the heat. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.

Transfer the **bacon** to a bowl, cover to keep warm and set aside. Wipe out the saucepan.



6 Serve up your Festive Feast

Just before you're ready to serve, add the **baby leaf salad** to the bowl of **diced apples** and toss to coat in the **dressing**.

Share your **wedges** between your plates and pile on the **shredded duck**. Sprinkle over the **grated cheese** and pour over the **gravy**.

Top with the **bacon lardons** and serve with your **zingy apple salad** alongside.

Enjoy!