

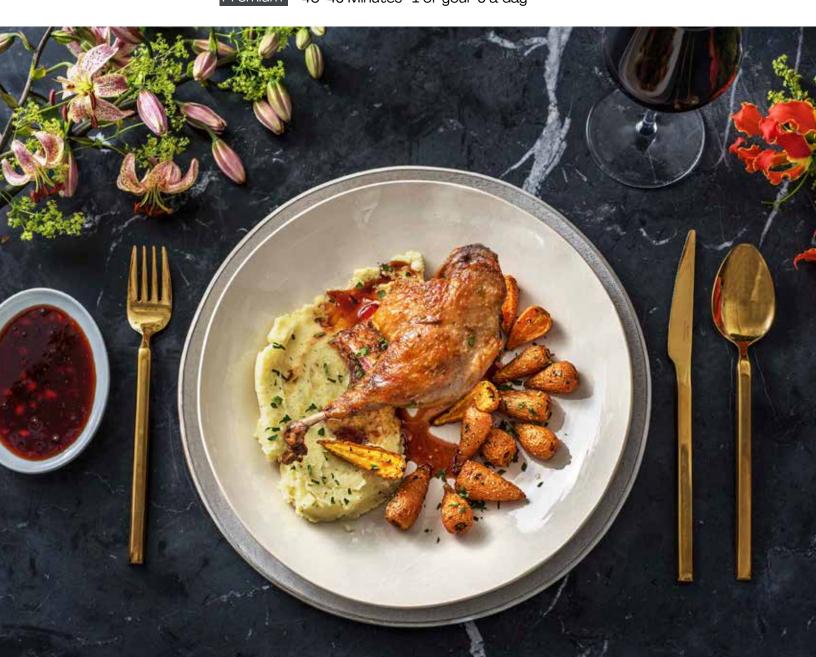
Confit Duck and Redcurrant Jus

with Roasted Garlic Mash and Chantenay Carrots

Premium

40-45 Minutes • 1 of your 5 a day







Confit Duck Leg







Garlic Clove



Potatoes







Stock Paste



Flat Leaf Parsley

Before you start

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

Cooking tools

Saucepan, baking tray, aluminium foil, frying pan and

Ingredients

	2P	3P	4P	
Confit Duck Leg**	2 units	3 units	4 units	
Chantenay Carrots**	225g	360g	450g	
Garlic Clove**	2	3	4	
Potatoes**	450g	700g	900g	
Honey	1 sachet	2 sachets	2 sachets	
Water for the Sauce*	100ml	150ml	200ml	
Redcurrant Jelly	25g	37g	50g	
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets	
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch	
*Not Included **Store in the Fridge				

Nutrition

Per serving	Per 100g
507g	100g
2308 /552	456/109
17	3
5	1
68	13
26	5
34	7
2.61	0.52
	507g 2308/552 17 5 68 26 34

Nutrition for uncooked ingredients based on 2 person recipe.

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.

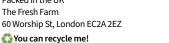
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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Roast the Duck

Preheat your oven to 200°C. Bring a large saucepan of water with 1/2 tsp salt to the boil for the potatoes. Remove the confit duck legs from their packaging. Place onto a lined baking tray, skin-side up, and drizzle with a little oil. Roast on the top shelf of your oven for 25-30 mins. IMPORTANT: Wash your hands and equipment after handling raw meat. The duck is cooked when piping hot throughout.



Roast the Carrots

Meanwhile, trim and halve the chantenay carrots lengthways (no need to peel). Pop the carrots onto a large baking tray. Drizzle with oil and honey, season with salt and pepper then toss to coat. Spread out in a single layer. Peel the garlic cloves, then pop into a small piece of foil with a drizzle of **oil** and scrunch to enclose them. Pop onto the carrot tray. Roast on the top shelf for 20-25 mins, removing the garlic after 10-12 mins.



Boil the Potatoes

Meanwhile, peel and chop the potatoes into 2cm chunks. When boiling, add the potatoes to the pan of **boiling water** and cook until you can easily slip a knife through, 15-20 mins.



Make the Sauce

While the **duck** and **carrots** roast, heat a frying pan on medium-high heat. Pour in the water for the **sauce** (see ingredients 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. TIP: Add a splash of hot water to loosen if needed. Meanwhile, finely chop the flat leaf parsley.



Garlic Mash Time

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Remove the garlic from the foil and mash with a fork, then add to the potatoes. 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.



Serve

Divide the **garlic mash** between your plates and lay the confit duck on top. Spoon over the redcurrant sauce and serve with the roasted carrots alongside.

Enjoy!