



# Confit Duck and Redcurrant Jus with Roasted Garlic Mash and Chantenay Carrots

Premium 40-45 Minutes • 1 of your 5 a day

29



Confit Duck Leg



Chantenay Carrots



Garlic Clove



Potatoes



Honey



Redcurrant Jelly



Red Wine Stock Paste



Flat Leaf Parsley

Pantry Items  
Water

## 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 colander.

## 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
for uncooked ingredient	507g	100g
Energy (kJ/kcal)	2308 /552	456 /109
Fat (g)	17	3
Sat. Fat (g)	5	1
Carbohydrate (g)	68	13
Sugars (g)	26	5
Protein (g)	34	7
Salt (g)	2.61	0.52

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.

## Contact

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## Roast the Duck

Preheat your oven to 200°C. Bring a large saucepan of water with ½ **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!