



# CONFIT DUCK LEG

WITH CREAMY BACON LENTILS AND HONEY ROASTED BABY ROOTS

SPECIALITY INGREDIENT



## HELLO CHANTENAY CARROTS

These miniature carrots were first bred in France.



Baby Turnips



Red Onion



Streaky Bacon Rashers



Lentils



Chantenay Carrots



Ground Cumin



Honey



Duck Leg Confit



Balsamic Vinegar



Water



Chicken Stock Pot



Crème Fraîche



Flat Leaf Parsley

40 mins

3.5 of your 5 a day

What a treat for dinner tonight. French-style confit duck sits on a bed of bacon-enriched lentils and baby veg. Classic and elegant!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **200°C**. Make sure you've got a **Sieve** or **Colander**, two **Baking Trays**, some **Baking Paper**, a **Frying Pan** and a **Measuring Jug**.



### 1 PREP TIME

Remove the **baby turnip** stalks and then halve them through the root. Halve, peel and thinly slice the **red onion** into half moons. Chop the **streaky bacon rashers** widthways into 1cm wide strips. Drain and rinse the **lentils** in a sieve or colander.



### 2 COOK THE CARROTS

Pop the **carrots** on a large baking tray and drizzle over some **oil**, the **cumin**, half the **honey**, a pinch of **salt** and **black pepper**. Mix with your hands to coat in the **mixture** and then pop on the middle shelf of your oven to roast for 30 mins. Meanwhile, remove the **duck leg confit** from their pack (discard the fat surrounding the duck) and lay them on another baking tray skin-side up. Roast on the top shelf of your oven for 25 mins.



### 3 ROAST THE TURNIPS

Once the **carrots** have been cooking for 10 mins, remove them from your oven and add the **turnips** to the tray. Drizzle over the remaining **honey**, a drizzle of **oil** (if the baking tray is dry) and a pinch of **salt** and **black pepper**. Mix together then pop back into your oven to roast for the remaining 20 mins.



### 4 COOK THE BACON

Heat a drizzle of **oil** in a frying pan on medium heat and add the **bacon**. Stir and cook until crispy, 5-6 mins, then remove the **bacon** from the pan. Pop your pan back on medium heat and add a drizzle of **oil**. Add the **onion** to the pan, stir and cook until really softened and caramelised, 7-8 mins. Then pour in the **balsamic vinegar**, stir and cook for 3-4 more mins.



### 5 FINISH THE LENTILS

Add the **bacon** back into your pan and pour in the **water** (amount specified in the ingredient list). Stir in the **chicken stock pot** and bring to the boil. Simmer until reduced by half, 5 mins, then stir in the **crème fraîche** and the **drained lentils**. Bring back to the boil then remove the pan from the heat. Roughly chop the **parsley** and stir half of it into the **lentils**.



### 6 FINISH AND SERVE

Spoon the **lentils** into bowls and serve with the **duck** on top and the **carrots** and **turnips** arranged around it. Sprinkle over the remaining **parsley**. **Enjoy!**

## 2 PEOPLE INGREDIENTS

Baby Turnips, halved	1 pack
Red Onion, sliced	1
Streaky Bacon Rashers, chopped	3
Lentils	1 tin
Chantenay Carrots	1 pack
Ground Cumin	1½ tsp
Honey	2 tbsps
Duck Leg Confit	2
Balsamic Vinegar (12%)	1 tbsps
Water*	100ml
Chicken Stock Pot	½
Crème Fraîche (7%)	1 small pot
Flat Leaf Parsley, chopped	1 bunch

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	909	124
(kJ)	3803	519
Fat (g)	50	7
Sat. Fat (g)	21	3
Carbohydrate (g)	49	7
Sugars (g)	35	5
Protein (g)	64	9
Salt (g)	3.60	0.50

### ALLERGENS

7)Milk 12)Sulphites

**Chicken Stock Pot Ingredients:** Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

### PAIR THIS MEAL WITH

A tannic French red like a Madiran



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