















Confit Duck Leg on Creamy Bacon Lentils with Honey Roasted Roots and Parsley

Premium 35-40 Minutes • 5 of your 5 a day

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-  Onion
-  Garlic Clove
-  Carrot
-  Parsnip
-  Flat Leaf Parsley
-  Lentils
-  Confit Duck Leg
-  Bacon Lardons
-  Balsamic Vinegar
-  Chicken Stock Paste
-  Creme Fraiche
-  Honey

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Garlic press, sieve, baking tray and frying pan.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1	2	2
Carrot**	3	4	6
Parsnip**	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lentils	1 carton	1½ cartons	2 cartons
Confit Duck Leg**	2	3	4
Bacon Lardons**	60g	90g	120g
Balsamic Vinegar 14	12ml	12ml	24ml
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7	75g	99g	150g
Honey	30g	60g	60g

Pantry	2P	3P	4P
Water for the Lentils*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 640g	Per 100g 100g
Energy (kJ/kcal)	3157/754	494/118
Fat (g)	37.4	5.8
Sat. Fat (g)	14.5	2.3
Carbohydrate (g)	58.6	9.2
Sugars (g)	32.4	5.1
Protein (g)	46.1	7.2
Salt (g)	4.15	0.65

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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Get Prepped

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

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).

Trim the **carrots** and **parsnips** (no need to peel), then halve lengthways. Chop into roughly 1cm wide, 5cm long batons.

Roughly chop the **flat leaf parsley** (stalks and all). Drain and rinse the **lentils** in a sieve.



Creamy Lentils Time

Pour the **water for the lentils** (see pantry for amount) into the **bacon pan**, then stir in the **chicken stock paste** and bring to the boil. Simmer until reduced by half, 2-3 mins.

Once reduced, stir in the **creme fraiche** and **lentils**. Bring back to the boil, then remove from the heat.



Time to Roast

Pop the **parsnips** and **carrots** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

Remove the **confit duck legs** from their packaging. Place onto a lined baking tray, skin-side up, and season.

When the oven is hot, roast the **roots** on the middle shelf and the **duck** on the top shelf until tender, 25-30 mins. Turn the **veg** halfway through. **IMPORTANT: Ensure the duck is piping hot throughout.**



Finishing Touches

Stir **three quarters** of the **parsley** through the **lentils**, then season to taste with **salt** and **pepper** if needed. Add a splash of **water** if you feel it needs it.

Once the **parsnips** and **carrots** are ready, drizzle over the **honey** and toss to coat. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**



Fry the Bacon and Onions

While everything roasts, heat a drizzle of **oil** in a large frying pan on medium-high heat.

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

Add the **onion** to the pan and fry, stirring occasionally, until golden, 5-6 mins, then add the **garlic** and cook for 1 min more.

Pour in the **balsamic vinegar** and cook until caramelised, 1-2 mins more.



Finish and Serve

When everything's ready, share the **creamy bacon lentils** between your bowls.

Top with a **confit duck leg** and the **honey roasted roots**.

Sprinkle over the remaining **parsley** to finish.

Enjoy!