

Duck à l'Orange

with Spring Onion Mash and Roasted Carrots

Premium 30-35 Minutes • 2 of your 5 a day

29



Carrot



Potatoes



Garlic Clove



Orange



Spring Onion



Duck Breast



Chicken Stock
Paste



Honey

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

Before you start

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

Cooking tools

Saucepan, frying pan, baking tray, colander, potato masher and lid.

Ingredients

Ingredients	2P	3P	4P
Carrot**	3	4	6
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Orange**	½	1	1
Spring Onion**	1	1½	2
Duck Breast**	2	3	4
Chicken Stock Paste	10g	15g	20g
Honey	15g	22g	30g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Butter*	40g	60g	80g
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	652g	100g
Energy (kJ/kcal)	3025 / 723	464 / 111
Fat (g)	29.4	4.5
Sat. Fat (g)	14.2	2.2
Carbohydrate (g)	62.9	9.7
Sugars (g)	22.4	3.4
Protein (g)	55.4	8.5
Salt (g)	2.76	0.42

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

Allergens

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.
Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**.

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

Peel the **potatoes** and chop into 2cm chunks. Peel the **garlic cloves**.

Juice the **orange**. Trim and thinly slice the **spring onion**.



Spring Onion Mash Time

Meanwhile, when your pan of **water** is boiling, add the **potatoes** and **whole garlic cloves**. Cook until you can easily slip a knife through, 15-20 mins.

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add **half** the **butter** (see pantry for amount) and a splash of **milk** (if you have any). Mash the **potatoes** and **garlic** until smooth.

Season with **salt** and **pepper**, then stir through the **spring onion**. Cover with a lid to keep warm.



Cook the Duck

Pop a large frying pan on medium-high heat (no oil).

Once hot, lay the **duck** in the pan, skin-side down, and fry until the skin is golden, 6-8 mins. Flip, then sear the other side for 1 min more.

Transfer to a baking tray, skin-side up, and season with **salt** and **pepper**. Roast on the top shelf of your oven until cooked, 16-18 mins. Keep the frying pan for later.

Once cooked, transfer to a plate and rest for 5 mins.

IMPORTANT: Wash your hands and equipment after handling raw duck and its packaging. It's fully cooked when no longer pink in the middle.



Make your Orange Sauce

While the **duck** rests, discard all but **1 tbsp fat** from the duck pan and pop back on medium-high heat.

Add the **water for the sauce** (see pantry for amount), **chicken stock paste**, **honey**, **orange juice** and the remaining **butter**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Stir and bring to the boil, then simmer, stirring occasionally, until the **sauce** has reduced and it's glossy and thick, 2-3 mins.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it looks too thick.



Roast the Carrots

In the meantime, pop the **carrots** onto a large baking tray. Drizzle with **oil**, season with **salt**, **pepper** and the **sugar** (see pantry for amount), then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the medium shelf until tender, 20-25 mins. Turn halfway through.



Finish and Serve

Once the **duck** has rested, cut widthways into 1cm thick slices and transfer to your plates.

Serve with the **spring onion mash** and **roasted carrots** alongside.

Spoon the **orange sauce** over the **duck** to finish.

Enjoy!