



# Honey & Soy Glazed Duck Breast with Pak Choi and Jasmine Rice

Premium 40-45 Minutes

29



Pak Choi



Garlic Clove



Salted Peanuts



Jasmine Rice



Duck Breast



Soy Sauce



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, rolling pin, saucepan, lid, frying pan and baking tray.

## Ingredients

| Ingredients              | 2P   | 3P   | 4P   |
|--------------------------|------|------|------|
| Pak Choi**               | 1    | 1½   | 2    |
| Garlic Clove**           | 1    | 2    | 2    |
| Salted Peanuts <b>1)</b> | 25g  | 40g  | 50g  |
| Jasmine Rice             | 150g | 225g | 300g |
| Duck Breast**            | 2    | 3    | 4    |
| Soy Sauce <b>11) 13)</b> | 25ml | 37ml | 50ml |
| Honey                    | 30g  | 45g  | 60g  |

| Pantry              | 2P    | 3P    | 4P    |
|---------------------|-------|-------|-------|
| Water for the Rice* | 300ml | 450ml | 600ml |

\*Not Included \*\*Store in the Fridge

## Nutrition

| Typical Values          | Per serving | Per 100g  |
|-------------------------|-------------|-----------|
| for uncooked ingredient | 355g        | 100g      |
| Energy (kJ/kcal)        | 2935 / 701  | 827 / 198 |
| Fat (g)                 | 18.1        | 5.1       |
| Sat. Fat (g)            | 4.7         | 1.3       |
| Carbohydrate (g)        | 76.2        | 21.5      |
| Sugars (g)              | 13.7        | 3.9       |
| Protein (g)             | 58.8        | 16.6      |
| Salt (g)                | 3.65        | 1.03      |

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

## Allergens

**1)** Peanut **11)** Soya **13)** Cereals containing gluten

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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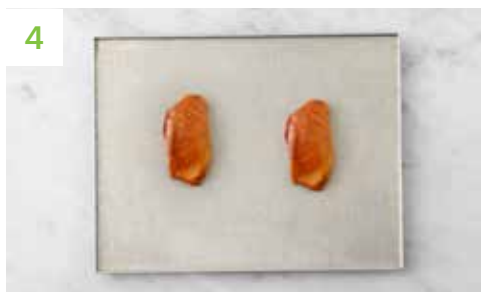


## Prep Time

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

Trim the **pak choi**, then thinly slice widthways.  
Peel and grate the **garlic** (or use a garlic press).

Crush the **peanuts** in the unopened sachet using a rolling pin.



## Roast the Duck

Transfer the **duck** 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.

Once cooked, transfer to a plate and rest for 5 mins.  
**IMPORTANT:** *The duck is fully cooked when no longer pink in the middle.*



## Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and  $\frac{1}{4}$  **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Bring on the Pak Choi

When the **duck** is resting, wipe out the the frying pan and pop it on high heat with a drizzle of **oil**.

Once hot, add the **pak choi** and stir-fry for 2-3 mins, then add the **garlic** and cook for 1 min more. Transfer the **pak choi** to a plate, then reduce the heat to medium.

Add the **soy sauce** and **honey** to the pan. Simmer until reduced by two thirds, 2-3 mins. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*

Remove from the heat, then return the **rested duck** to the pan and coat it in the **glaze**.



## Get Frying

Meanwhile, pop a 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.

**IMPORTANT:** *Wash your hands and equipment after handling raw duck and its packaging.*



## Finish and Serve

Fluff up the **rice** with a fork, then share between your plates and top with the **pak choi**.

Cut the **glazed duck** widthways into 1cm thick slices and serve alongside with the remaining **glaze** from the pan drizzled over.

Scatter over the **peanuts** to finish.

## Enjoy!