



Honey & Soy Glazed Duck Breast with Pak Choi and Basmati Rice

Premium 40-45 Minutes

30



Pak Choi



Garlic Clove



Salted Peanuts



Basmati 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 1)	25g	40g	50g
Basmati Rice	150g	225g	300g
Duck Breast**	2	3	4
Soy Sauce 11) 13)	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)	2946/704	830/198
Fat (g)	18.4	5.2
Sat. Fat (g)	4.8	1.4
Carbohydrate (g)	79.5	22.4
Sugars (g)	14.0	3.9
Protein (g)	59.6	16.8
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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

 You can recycle me!



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 **¼ 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).



Stir-Fry 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 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 with the **peanuts** to finish.

Enjoy!