



# Pan Fried Duck

with Spring Onion Mash, Roasted Bok Choy and Plum Hoisin Sauce

N° 6

CLASSIC 30 Minutes



Potato



Bok Choy



Spring Onion



Chicken Stock Powder



Garlic Clove



Plum



Duck Breast



Hoisin Sauce

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Large Saucepan, Frying Pan and Baking Tray.

### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Garlic Clove**	2 cloves	3 cloves	4 cloves
Bok Choy**	1	2	2
Plum**	1	2	2
Spring Onion**	1	2	2
Duck Breast**	2	3	4
Water for the Sauce*	75ml	100ml	150ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Hoisin Sauce <b>3) 11) 13)</b>	1 sachet	1½ sachets	2 sachets

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	485g	100g
Energy (kJ/kcal)	2044 / 489	421 / 101
Fat (g)	13	3
Sat. Fat (g)	3	1
Carbohydrate (g)	53	11
Sugars (g)	11	2
Protein (g)	41	9
Salt (g)	2.12	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**3)** Sesame **11)** Soya **13)** Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Get Prepped

Preheat your oven to 200°C, bring a large saucepan of **water** to the boil with ¼ tsp of **salt**. Chop the **potatoes** into 2cm chunks (no need to peel). Peel the **garlic cloves**. Trim the root from the **bok choy** and separate the leaves. Halve the **plums**, remove the stone and chop the flesh of each **plum** into 12 thin segments. Trim the **spring onion** and thinly slice.



## 4. Make the Sauce

Pop your frying pan back on medium high heat (no need to wash - you want the lovely duck fat!). Add the **plums** to the pan and fry, turning them every minute until softened, 2-3 mins. Pour in the **water** and add the **sugar** (see ingredients for both amounts), **chicken stock powder** and **hoisin sauce**. Bring to the boil and simmer until thickened, 4-5 mins. **TIP:** Add a splash of water if it thickens too much. Once cooked, set aside.



## 2. Boil the Potatoes

Add the **potatoes** and the **garlic clove** to the boiling **water** and simmer until tender, 15-20 mins. Once cooked, drain in a colander and pop back in your pan.



## 5. Finish Off

Once the **duck** is cooked, remove from your oven and rest in a warm place, covered in tin foil, for 5-7 mins. **IMPORTANT:** The duck is cooked when it is no longer pink in the middle. Meanwhile pop your **bok choy** on your duck baking tray (no need to wash) and season with **salt** and **pepper**. Toss to coat in the **duck fat**, arrange in a single layer and roast in your oven until tender, 5-6 mins.



## 3. Fry the Duck

Meanwhile, pop a frying pan on medium-high heat (no oil). Season the **duck** with **salt** and **pepper**. Once hot, lay the **duck** in the pan skin-side down, fry until the skin is golden, 5 mins. Turn, cook for 1 minute on the flesh side to seal the **meat**. **IMPORTANT:** Wash your hands after handling raw meat and its packaging. Transfer the **duck** to a baking tray skin side up and roast on the top shelf of your oven until cooked, 10-12 mins.



## 6. Finish and Serve

Once the **potatoes** are cooked and back in their pan, add the **spring onion** along with a knob of **butter** and splash of **milk** (if you have it). Season with **salt** and **pepper** and then **mash**. Cover with a lid to keep warm. Reheat the **plum sauce** with a splash of **water** if you need to. Thinly slice the **duck** and serve with the **mash** and **bok choy** alongside. Spoon over the **hoisin plum sauce**.

Enjoy!

There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.