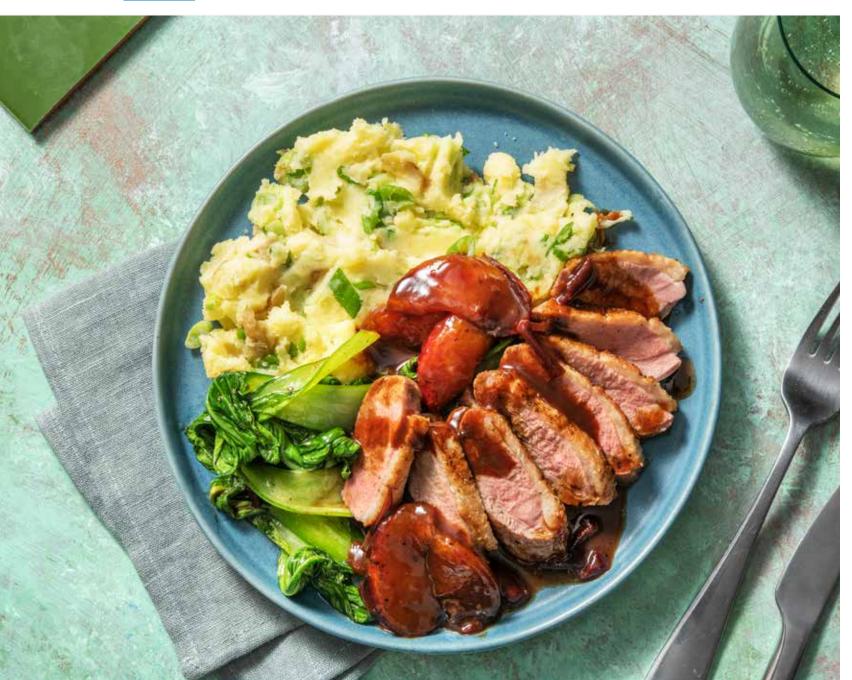


Pan Fried Duck



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

CLASSIC 30 Minutes









Bok Choy





Spring Onion





Chicken Stock Powder



Hoisin Sauce

Before you start

Our fruit, veggies and herbs need a wash before vou 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 3) 11) 13)	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

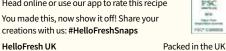
3) Sesame 11) Soya 13) Gluten

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 1/4 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.



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.



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 it's 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.



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.



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 in a single layer and roast in your oven until tender, 5-6 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.

Eniov!

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.