

Roasted Confit Duck Leg and Red Wine Jus with Cheesy Colcannon Mash and Sauteed Bacon Peas

Gastropub 30-35 Minutes • 1 of your 5 a day



Confit Duck Leg



Potatoes



Chopped Kale



Red Wine Jus Paste



Unsalted Butter



Spring Onion



Bacon Lardons



Peas

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, baking paper, baking tray, grater, colander, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Confit Duck Leg**	2	3	4
Potatoes	450g	700g	900g
Chopped Kale**	100g	150g	200g
Red Wine Jus Paste 10 14	15g	22g	30g
Unsalted Butter** 7	30g	40g	60g
Spring Onion**	1	2	2
Mature Cheddar Cheese** 7	40g	70g	90g
Bacon Lardons**	60g	90g	120g
Peas**	120g	180g	240g

Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3306 / 790	609 / 146
Fat (g)	43.9	8.1
Sat. Fat (g)	19.5	3.6
Carbohydrate (g)	52.3	9.6
Sugars (g)	7.7	1.4
Protein (g)	50.7	9.3
Salt (g)	3.02	0.56

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

Allergens

7) Milk **10)** Celery **14)** Sulphites

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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Roast the Duck

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**.

Remove the **confit duck legs** from their packaging. Place onto a lined baking tray, skin-side up, and season with **salt** and **pepper**.

When the oven is hot, roast on the top shelf for 25-30 mins. **IMPORTANT:** *The duck is cooked when piping hot throughout.*



Colcannon Time

Once the **potatoes** and **kale** are cooked, drain in a colander and return both to the pan, off the heat.

Add the **butter** and a splash of **milk** (if you have any) and roughly mash together.

Stir through the **spring onion** and **Cheddar**, then season to taste with **salt** and **pepper** - **colcannon** made! Cover with a lid to keep warm.



Cook the Potatoes

Meanwhile, chop the **potatoes** into 2cm chunks (peel first if you prefer).

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

After 10-12 mins, add the **kale** to the same pan. Cook for the remaining time until both are tender, 5-8 mins.



Saute the Peas

About 5 mins before everything's ready, heat a drizzle of **oil** in a frying pan on medium-high heat.

Once hot, add the **bacon lardons** and stir-fry until golden, 3-4 mins.

Add the **peas** and cook for 2-3 mins more, then remove from the heat. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.*



Make your Red Wine Jus

Meanwhile, pour the **water for the sauce** (see pantry for amount) into a small saucepan and bring to the boil on high heat.

Stir in the **red wine jus paste**, then reduce the heat to medium. Allow the **sauce** to bubble and thicken, stirring regularly, 5-6 mins.

Meanwhile, trim and thinly slice the **spring onion**. Grate the **cheese**.

Once glossy and thickened, remove your **red wine jus** from the heat.



Finish and Serve

When you're ready to serve, reheat the **red wine jus** if needed.

Share the **cheesy colcannon mash** and **sauteed bacon peas** between your plates.

Top with a **confit duck leg** and spoon over the **red wine jus** to finish.

Enjoy!