



# Roasted Confit Duck Leg and Red Wine Jus

with Thyme Roast Potatoes, Chantenay Carrots and Bacon Green Beans

29

Premium 35-40 Minutes • 1 of your 5 a day



Thyme



Potatoes



Confit Duck Leg



Chantenay Carrots



Echalion Shallot



Garlic Clove



Bacon Lardons



Green Beans



Red Wine Jus Paste

**Recipe Update**

Due to quality issues with **baby spinach**, you'll instead receive **green beans**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

**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

Baking tray, baking paper, garlic press, frying pan, lid and bowl.

## Ingredients

Ingredients	2P	3P	4P
Thyme**	1 bunch	1 bunch	1 bunch
Potatoes	450g	700g	900g
Confit Duck Leg**	2	3	4
Chantenay Carrots**	150g	225g	300g
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Bacon Lardons**	60g	90g	120g
Green Beans**	80g	150g	150g
Red Wine Jus Paste <b>10) 14)</b>	15g	22g	30g

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

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2443 /584	457 /109
Fat (g)	23.9	4.5
Sat. Fat (g)	6.8	1.3
Carbohydrate (g)	53.4	10
Sugars (g)	10.5	2.0
Protein (g)	42.2	7.9
Salt (g)	2.57	0.48

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

## Allergens

**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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The Fresh Farm

60 Worship St, London EC2A 2EZ

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### Prep the Potatoes

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

Pick the **thyme leaves** from their stalks and roughly chop (discard the stalks).

Chop the **potatoes** into 2cm chunks (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then scatter over the **thyme**.

Toss to coat, then spread out in a single layer.

**TIP:** Use two baking trays if necessary.



### Bacon Green Beans Time

When 15 mins of roasting time remain, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **bacon lardons, shallot** and **green beans**. Stir-fry until the **bacon** is golden, 3-4 mins, then add the **garlic** and cook for 1 min more. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.*

Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat. Transfer to a bowl and cover to keep warm.



### Roast the Duck

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 the **potatoes** on the top shelf until golden and the **duck** on the middle shelf, 25-35 mins. **IMPORTANT:** *Ensure the duck is piping hot throughout.*



### Make the Red Wine Jus

Pour the **water for the jus** (see pantry for amount) into the (now empty) pan and bring to the boil on high heat.

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

Once glossy and thickened, remove from the heat.



### Bring on the Carrots

Meanwhile, trim and halve the **chantenay carrots** lengthways (no need to peel).

After 5 mins of roasting time, add the **carrots** to the **potato** tray and toss together. Cook for the remaining time until tender, 20-30 mins. Turn halfway through.

While everything roasts, halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans**.



### Serve

When everything's ready, transfer the **duck** to your plates and serve with the **thyme roast potatoes, carrots** and **bacon green beans** alongside.

Spoon the **red wine jus** over the **duck** to finish.

**Enjoy!**