



# Roasted Confit Duck Leg and Red Wine Jus with Rosemary Roast Potatoes, Roasted Carrots and Bacon Spinach

29

Premium 35-40 Minutes • 2 of your 5 a day



Potatoes



Dried Rosemary



Confit Duck Leg



Carrot



Garlic Clove



Bacon Lardons



Baby Spinach



Red Wine Jus Paste

**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
Potatoes	450g	700g	900g
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Confit Duck Leg**	2	3	4
Carrot**	2	3	4
Garlic Clove**	1	2	2
Bacon Lardons**	60g	90g	120g
Baby Spinach**	100g	150g	200g
Red Wine Jus Paste <b>10</b> <b>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)	2435 /582	443 /106
Fat (g)	24.2	4.4
Sat. Fat (g)	6.8	1.2
Carbohydrate (g)	51.7	9.4
Sugars (g)	9.2	1.7
Protein (g)	43.1	7.8
Salt (g)	2.73	0.5

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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### Prep the Potatoes

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

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 sprinkle over the **dried rosemary**.

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

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



### Bacon Spinach 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**. Stir-fry until 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 the **spinach** and a splash of **water** to the pan and cover until wilted, 2-3 mins. Remove the lid, season to taste, then 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) frying 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 the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

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, peel and grate the **garlic** (or use a garlic press).



### Serve

When everything's ready, transfer the **duck** to your plates and serve with the **rosemary roast potatoes**, **carrots** and **bacon spinach**.

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

### Enjoy!