

Roasted Confit Duck Leg and Red Wine Jus

with Rosemary Roast Potatoes, Roasted Carrots and Bacon Spinach

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





Potatoes





Confit Duck Leg





Garlic Clove





Baby Spinach



Jus Paste

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

Ingredients

9			
Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Rosemary	1 sachet	11/2 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 10) 14)	15g	22g	30g
Pantry	2P	3P	4P
Water for the Jus*	150ml	225ml	300ml

Nutrition

*Not Included **Store in the Fridge

Typical Values	Per serving	Per 100g
for uncooked ingredient	549g	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

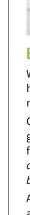
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Prep the Potatoes

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.



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.



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).



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.



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.



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!