



Roasted Duck Breast and Redcurrant Jus with Roasted Garlic Mash and Chantenay Carrots

30

Premium 40-45 Minutes • 1 of your 5 a day



Chantenay Carrots



Garlic Clove



Potatoes



Duck Breast



Honey



Redcurrant Jelly



Red Wine
Stock Paste



Flat Leaf Parsley

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

Saucepan, baking tray, aluminium foil, frying pan, colander, kitchen scissors and lid.

Ingredients

Ingredients	2P	3P	4P
Chantenay Carrots**	225g	360g	450g
Garlic Clove**	2	3	4
Potatoes	450g	700g	900g
Duck Breast**	2	3	4
Honey	15g	30g	30g
Redcurrant Jelly	25g	37g	50g
Red Wine Stock Paste (14)	28g	42g	56g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	547g / 2405 / 575	100g / 440 / 105
Fat (g)	12.0	2.2
Sat. Fat (g)	3.6	0.7
Carbohydrate (g)	67.1	12.3
Sugars (g)	24.2	4.4
Protein (g)	53.2	9.7
Salt (g)	3.06	0.56

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

Allergens

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 Carrots

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** with $\frac{1}{2}$ **tsp salt** to the boil.

Trim and halve the **chantenay carrots** lengthways (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Add the **garlic parcel** to the **carrot** tray.

When the oven is hot, put the tray on the top shelf to roast for 10 mins.



Make the Redcurrant Jus

While the **duck** and **carrots** roast, drain any excess fat from the frying pan and return to medium heat.

Pour in the **water for the sauce** (see pantry for amount), **redcurrant jelly** and **red wine stock paste**.

Bring to the boil, stirring to combine, then simmer until rich and glossy, 6-8 mins. Add a splash of **hot water** to loosen if needed.

Meanwhile, finely chop the **parsley** (stalks and all).



Boil the Potatoes

Meanwhile, peel and chop the **potatoes** into 2cm chunks.

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

When the **carrots** have roasted for 5 mins, put a frying pan on medium-high heat (no oil).



Garlic Mash Time

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

Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork, then add to the **potatoes**.

Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm.



Cook the Duck

Once hot, lay the **duck** in the pan, skin-side down, and fry until the skin is golden, 6-8 mins. Flip, then sear the other side for 1 min more.

Take the **carrot** tray out the oven, remove the **garlic parcel** and set aside, then turn the **carrots**.

Add the **duck** to the baking tray, skin-side up. Drizzle with **honey** and return to the top shelf to roast until cooked, 16-18 mins. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. **IMPORTANT:** Wash your hands and equipment after handling raw duck and its packaging.



Finish and Serve

When the **duck** is cooked, transfer to a board and leave to rest for a few mins before slicing each **breast** widthways into 5 slices. **IMPORTANT:** The duck is cooked when no longer pink in the middle.

Share the **garlic mash** between your plates. Lay the **sliced duck** on top and spoon over the **redcurrant jus**.

Serve with the **roasted carrots** alongside and sprinkle over the **parsley** to finish.

Enjoy!