



Roasted Duck Breast and Redcurrant Jus with Roasted Garlic Mash and Honey Glazed Carrots

29

Premium 40-45 Minutes • 2 of your 5 a day



Carrot



Garlic Clove



Potatoes



Duck Breast



Redcurrant Jelly



Red Wine Stock Paste



Honey

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, colander, frying pan, kitchen scissors and lid.

Ingredients

Ingredients	2P	3P	4P
Carrot**	3	4	6
Garlic Clove**	2	3	4
Potatoes	450g	700g	900g
Duck Breast**	2	3	4
Redcurrant Jelly	25g	37g	50g
Red Wine Stock Paste 14)	28g	42g	56g
Honey	15g	30g	30g

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 598g	Per 100g 100g
Energy (kJ/kcal)	2456 /587	411 /98
Fat (g)	12.4	2.1
Sat. Fat (g)	3.6	0.6
Carbohydrate (g)	68.6	11.5
Sugars (g)	25.1	4.2
Protein (g)	54.1	9.0
Salt (g)	3.22	0.54

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 ½ **tsp salt** to the boil for the **potatoes**.

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Pop onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until tender, 20-25 mins. Turn halfway through.



Make the Redcurrant Jus

While the **duck** and **carrots** roast, wash out the **duck** 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.



Boil the Potatoes

Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Add to the **carrot** tray and roast for 10-12 mins.

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.

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



Garlic Mash Time

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.

When the **carrots** have 5 mins left, drizzle over the **honey** and return to the oven for the remaining time. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.



Get Frying

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

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.

Add the **duck** to the **carrot** tray, skin-side up. Return to the top shelf to roast for the remaining cooking time, 16-18 mins. **IMPORTANT:** Wash your hands and equipment after handling raw duck and its packaging. It's fully cooked when no longer pink in the middle



Serve

When the **duck** is cooked, transfer to a board and leave to rest for a few mins before slicing each **breast** widthways into 4-5 slices.

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

Serve with the **honey roasted carrots** alongside.

Enjoy!