



Seared Duck Breast in Balsamic Gastrique Sauce with Rosemary Roast Potatoes and Garlic Cavolo Nero

30

Premium 40-45 Minutes



Rosemary



Potatoes



Duck Breast



Redcurrant Jelly



Balsamic Vinegar
Red Wine



Stock Paste



Garlic Clove



Chopped Cavolo
Nero

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, frying pan, saucepan, garlic press, lid and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Rosemary**	½ bunch	¾ bunch	1 bunch
Potatoes	450g	700g	900g
Duck Breast**	2	3	4
Redcurrant Jelly	50g	75g	100g
Balsamic Vinegar	12ml	24ml	24ml
14) Red Wine Stock Paste	28g	56g	56g
Garlic Clove**	1	2	2
Chopped Cavolo Nero**	100g	150g	200g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	492g	100g
Energy (kJ/kcal)	2312 / 553	470 / 112
Fat (g)	12.4	2.5
Sat. Fat (g)	3.6	0.7
Carbohydrate (g)	58.6	11.9
Sugars (g)	16.2	3.3
Protein (g)	54.3	11.1
Salt (g)	3.12	0.63

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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1



Prep the Rosemary Potatoes

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

Pick the **rosemary leaves** from their stalks and roughly chop (see ingredients for amount, discard the stalks).

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

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

TIP: Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

4



Cavolo Nero Time

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

Wipe out the (now empty) **duck** frying pan and pop on high heat with a drizzle of **oil**. **TIP:** Discard any tough stalks from the cavolo nero.

Add the **cavolo nero** and a splash of **water** and cover until wilted, 3-4 mins. Remove the lid, add the **garlic** and stir-fry for 1 min more.

Season to taste with **salt** and **pepper**. Cover with a lid or foil to keep warm and set aside.

2



Cook the Duck

Meanwhile, pop a large 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.

Transfer to a baking tray, skin-side up, and season with **salt** and **pepper**. Set the pan aside.

Roast on the top shelf of your oven until cooked, 16-18 mins. **IMPORTANT:** Wash your hands and equipment after handling raw duck and its packaging. The duck is cooked when no longer pink in the middle.

5



Finishing Touches

Once the **duck** is cooked, transfer to a plate. Cover and rest for 5 mins.

When everything's almost ready, pour any **resting juices** from the **duck** into your **sauce** and gently reheat until piping hot.

Once the **duck** has rested, cut widthways into 1cm slices.

3



Make your Gastrique Sauce

While everything roasts, put a small saucepan on medium heat with the **redcurrant jelly** and **balsamic vinegar**.

Whisk together until combined and bubbling, 2-3 mins.

Stir in the **red wine stock paste** and **water for the sauce** (see pantry for amount), then simmer until glossy and thickened, 4-5 mins. Remove from the heat.

6



Serve

Plate up your **duck breast** with the **rosemary roast potatoes** and **cavolo nero** alongside.

Spoon the **gastrique sauce** over the **duck** to finish.

Enjoy!