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Nostalgia-Inducing Duck à l'Orange with Chicory and New Potatoes

For those old enough to remember the 80s it was a wonderful decade of shoulder pads and Filofaxes, that didn't seem to care too much for style. A decade where the height of sophistication was a prawn cocktail starter eaten from a martini glass and dessert was a Viennetta. To relive those glory days, we've put a modern spin on the most classic recipe of them all: Duck à l'Orange. 80s themed clothes are optional, but recommended.



40 mins



healthy



lactose
free



gluten
free



Duck Breast



Orange



New Potatoes



Spring Onion



Chicory



Chicken Stock Pot



Star Anise



Cornflour

Ingredients

	2P	4P
Duck Breast	2	4
Orange	1	2
New Potatoes, quartered	1 pack	2 packs
Spring Onion, chopped	1	2
Chicory, halved	2	4
Chicken Stock Pot	½	1
Star Anise	1	2
Cornflour	1 tsp	2 tsp

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

N/A

Nutrition per serving: Calories: 294 kcal | Protein: 14 g | Carbs: 45 g | Fat: 3 g | Saturated Fat: 1 g

1



1 Remove the duck breasts from the fridge at least 30 mins before cooking if you can. Bring a pot of water to the boil with ¼ tsp of salt. Cut slices across the duck skin with a sharp knife. Rub the zest from half the orange onto the breasts along with ¼ tsp of salt. **Tip:** *The more you cut into the skin, the easier it is for the fat to be released.*

(if you have some) or olive oil. Put the lid on again and set aside.

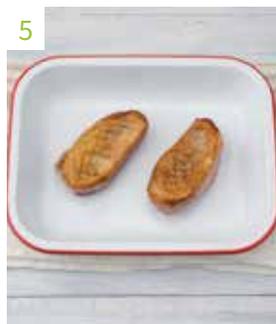
3



2 Cut the potatoes into quarters and cook in your boiling water for 10 mins or until cooked, then drain and put to the side with a lid on. **Tip:** *The potatoes are cooked when you can easily slip a knife through them.*

5 Lay the duck breasts in a cold frying pan skin-side down. Cook on medium-low heat for about 8 mins or until the fat is crisp and golden. Transfer to a baking dish skin-side up and cook for 5 mins on the top shelf of your oven.

5



3 Segment the orange by cutting off the top and bottom. Cut off the remaining skin and pith (following the shape of the orange). Finally, over a bowl cut out the segments of fruit by cutting in between the membranes. Squeeze what's left of the orange to collect as much juice as possible.

6 Use the same pan in which you fried the duck and remove all but 1 tbsp of the excess fat. Lay your chicory in, flat-side down and cook on high for 5 mins until golden. Add 1 tsp of sugar (if you have some) and cook for 1 minute to caramelize. Add 250ml water to your pan with half the stock pot, bring to a simmer, cover with a lid and cook for 5-8 mins until soft.

6



4 Preheat your oven to 200 degrees. Chop the spring onion into thin discs and separate the white parts from the green. Cut the chicory in half lengthways. Bash the cooked potatoes with a masher or a fork, add the whites of the spring onions along with ¼ tsp of salt, a grind of pepper and 1 tbsp of butter

7 Remove the chicory and add the orange juice into the pan along with the star anise and allow this to reduce down over a medium heat for 1-2 mins. Mix the cornflour with 1 tsp of water and add to the sauce along with the orange segments. Cook for a further minute.

8 Serve the duck with the chicory and it's sauce alongside the bashed new potatoes. Sprinkle over the reserved spring onion greens and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!