



Apple & Sage Pan-Fried Duck Breast with Minted Peas, Crispy Potatoes and Pea Shoot Salad

Premium 40 Minutes • 1 of your 5 a day

29



Salad Potatoes



Duck Breast



Peas



Mint



Apple and Sage Jelly



Red Wine Vinegar



Pea Shoots

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Kitchen Paper, Frying Pan, Aluminum Foil, Bowl, Measuring Cup.

Ingredients

| | 2P | 3P | 4P |
|-----------------------------|----------|------------|-----------|
| Salad Potatoes** | 350g | 500g | 700g |
| Duck Breast** | 2 | 3 | 4 |
| Peas** | 120g | 180g | 240g |
| Mint** | 1 bunch | 1 bunch | 1 bunch |
| Apple and Sage Jelly | 25g | 37g | 50g |
| Water for the Sauce* | 50ml | 75ml | 100ml |
| Red Wine Vinegar (14) | 1 sachet | 1½ sachets | 2 sachets |
| Sugar for the Dressing* | 1 tsp | 1½ tsps | 2 tsps |
| Olive Oil for the Dressing* | 1 tbsp | 1½ tsps | 2 tsps |
| Pea Shoots** | 40g | 60g | 80g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 455g | 100g |
| Energy (kJ/kcal) | 2251/538 | 495/118 |
| Fat (g) | 16 | 3 |
| Sat. Fat (g) | 4 | 1 |
| Carbohydrate (g) | 46 | 10 |
| Sugars (g) | 15 | 3 |
| Protein (g) | 55 | 12 |
| Salt (g) | 1.07 | 0.24 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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1

Preheat your oven to 200°C. Chop the **salad potatoes** into 2cm chunks (no need to peel). Pop the chunks onto a large, low-sided, wide 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 golden, 25-30 mins. Turn halfway through. **TIP:** Use two baking trays if necessary, you want the chunks nicely spread out.



4

Sauce it Up

Wipe out the (now empty) pan and return it to medium heat. Once the pan is hot, add the **apple and sage jelly** and **water for the sauce** (see ingredients for amount) and stir together. Simmer until thickened slightly, 2-3 mins, then set aside.



2

Cook the Duck

Pat the **duck** dry with kitchen paper. **IMPORTANT:** Wash your hands after handling raw duck and its packaging. Pop 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, 5 mins. Turn and cook for 1 min on the flesh side to seal the **meat**. Transfer to a baking tray, skin-side up, and roast on the top shelf of your oven until cooked, 15 mins. Once cooked, remove from your oven and rest in a warm place, covered loosely with some foil (if you have some) for 10 mins. **IMPORTANT:** The duck is cooked when it is no longer pink in the middle.



5

Dress to Impress

While everything is cooking, pop the **red wine vinegar**, **sugar** and **oil for the dressing** (see ingredients for both amounts) into a large bowl. Season with **salt** and **pepper** and mix together. Once everything has cooked, add the **pea shoots** to the bowl with the **dressing** and toss to coat.



3

Cook the Peas

Meanwhile, drain any excess **oil** left in the pan and pop it back onto medium-high heat. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Once the **oil** is hot, stir in the **peas** and cook until piping hot, 1-2 mins. Then mix in **half the mint**, transfer to a bowl and cover to keep warm.



6

Serve

Once the **duck** has rested, thinly slice it widthways. Reheat the **sauce**, if needed. Toss the **minty peas** together with the **roasted potatoes** and divide between your plates. Serve the **sliced duck** alongside with the **sage and apple sauce** drizzled over and the remaining **mint** sprinkled on top. Share the **pea shoot salad** between the plates to finish.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.