



CONFIT DUCK CURRY

WITH CAVOLO NERO AND CHAPATIS



SPECIALITY INGREDIENT



XX

XX



New Potatoes



Turmeric



Nigella Seeds



Echalion Shallot



Yellow Pepper



Coriander



North Indian Style Spice Mix



Chicken Stock Pot



Tomato Passata



Confit Duck Legs



Cavolo Nero



Whole Wheat Soft Tortillas



Natural Yogurt

MEAL BAG

40 mins

3 of your 5 a day

Medium Heat

Add a little bit of luxury to your curry night with this richly spiced decadent duck curry. The strong, gamey flavour of duck is mellowed beautifully by an array of spices, with cooling yoghurt giving it a lovely creaminess. Served alongside 'Cav Aloo' (Mimi's take on sag aloo, using cavolo nero instead of spinach) and topped with nigella seeds and fresh coriander for a show stopping finish, we've got bets on that this curry is about to become your household hero.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a some **Baking Paper**, a **Baking Tray**, **Saucepan**, **Measuring Jug** and **Frying Pan**. Now, let's get cooking!



1 ROAST THE POTATOES

Preheat your oven to 200°C. Cut the **potatoes** into 2cm chunks (no need to peel!), pop on a lined baking tray. Drizzle with **olive oil**, the **turmeric**, **half** the **nigella seeds** and a pinch of **salt** and **pepper**. Toss to coat and roast on the top shelf of your oven until crisp, 25-30 mins. Turn halfway through cooking. Halve, peel and thinly slice the **shallot**. Halve then remove the core from the **yellow pepper** and thinly slice. Roughly chop the **coriander**.



4 COOK THE CAVOLO NERO

When the potatoes are cooked, remove them from the oven and lay the **cavolo nero** on top of the **potatoes**. Drizzle with some **olive oil**, and season with **black pepper**. Pop back into your oven and roast until the **cavolo nero** is crispy, about 5 mins.



2 START THE CURRY

While the potatoes cook, heat a drizzle of **oil** in a saucepan on medium heat. Add the **shallot** and **pepper**, stir and cook until softened, 4-5 mins. Stir in the **North Indian style spice mix** (use less if you don't like heat). Cook for 1 minute. Pour in the **water** (see ingredients for amount), the **stock pot** and the **tomato passata**. Stir to dissolve the **stock pot** and simmer until thickened, 10-12 mins.



5 MAKE THE CHAPATIS

Heat a frying pan on high heat (no oil). Once hot, lay in one of the **tortillas** and cook until slightly charred, about 30 seconds - 1 minute on each side. Remove to a plate and season with a pinch of **salt** and **black pepper**. Repeat with the remaining **tortillas**. **★ TIP:** We make one per person but you have enough for more if you fancy!



3 PREP THE DUCK

Meanwhile, carefully peel the skin off the **confit duck legs**. **★ TIP:** An easy way to do this is to slip a finger under the skin and ease it away from the flesh, then gently pull it off. Don't worry if it comes off in pieces! Remove and discard the skin, fat and grease. Pull the flesh off the bone and separate into bite-sized chunks. Once the **curry** is thick, add the **duck**, stir and simmer until piping hot, 4-5 mins.



6 FINISH AND SERVE

Warm your **curry** through to ensure it is hot, then taste it and add **salt** and **black pepper** if you feel it needs it. Spoon into bowls with your **cavolo nero**. Add a dollop of **yoghurt** and sprinkle a pinch of the remaining **nigella seeds** on top of each. Scatter over the **coriander** and serve with the **chapatis** to scoop everything up. **Enjoy!**

2 PEOPLE INGREDIENTS

New Potatoes, chopped	1 pack
Turmeric	¾ tsp
Nigella Seeds	1½ tsp
Echalion Shallot, sliced	1
Yellow Pepper, sliced	1
Coriander, chopped	1 bunch
North Indian Style Spice Mix	1½ tsp
Water*	100ml
Chicken Stock Pot	1
Tomato Passata	1 carton
Confit Duck Legs	2
Cavolo Nero	1 bag
Whole Wheat Soft Tortillas 13)	2
Natural Yoghurt 7)	½ pot

*Not Included

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 673G	PER 100G
Energy (kcal)	802	119
(kJ)	3353	498
Fat (g)	32	5
Sat. Fat (g)	9	1
Carbohydrate (g)	64	9
Sugars (g)	14	2
Protein (g)	64	10
Salt (g)	5.10	0.76

ALLERGENS

7) Milk 13) Gluten

PAIR THIS MEAL WITH

A full bodied red like a Pinot Noir

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

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