



# Crispy Confit Duck Leg and Red Wine Jus

with Mash, Spiced Red Cabbage, Green Beans and Roasted Plums

Premium 45 Minutes • 2.5 of your 5 a day

23



Red Onion



Red Cabbage



Green Beans



Plums



Ground Cinnamon



Star Anise



Red Wine Vinegar



Confit Duck Leg



Potatoes



Redcurrant Jelly



Red Wine Jus Paste

## Before you start

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

## Cooking tools, you will need:

Chopping Board, Sharp Knife, Saucepan x3, Measuring Jug, Baking Tray, Colander and Potato Masher.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Red Cabbage**	1 small cabbage	¾ large cabbage	1 large cabbage
Green Beans**	1 small pack	1 large pack	1 large pack
Plums**	2	3	4
Ground Cinnamon	1 pot	1 pot	2 pots
Star Anise	1 pot	1 pot	1 pot
Red Wine Vinegar (14)	1 sachet	1½ sachets	2 sachets
Confit Duck Leg**	2	3	4
Potatoes**	1 small pack	1 large pack	2 small packs
Water for Cabbage*	300ml	450ml	600ml
Water for the Sauce*	150ml	225ml	300ml
Redcurrant Jelly	1 pot	2 pots	2 pots
Red Wine Jus Paste (10) (14)	1 pot	1½ pots	2 pots

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	991g	100g
Energy (kJ/kcal)	3259 / 779	329 / 79
Fat (g)	97	10
Sat. Fat (g)	8	1
Carbohydrate (g)	69	7
Sugars (g)	22	2
Protein (g)	60	6
Salt (g)	2.86	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

### 10) Celery 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.



## Prep Time!

Preheat your oven to 200°C. Halve, peel and thinly slice the **red onion**. Cut the **cabbage** in half lengthways, remove the triangle root in the middle, then slice thinly. Trim the **green beans**. Halve the **plums** and remove the stone. Put the **plums** on a large lined baking tray and set aside. Put a saucepan of **water** on a high heat to boil.



## Cook the Cabbage

Heat a drizzle of **oil** in a large saucepan on a medium heat. When hot, add the **red onion** and cook until soft, 4-5 mins. Add the **cinnamon** and **star anise** and stir through. Add the **red wine vinegar**, **sliced cabbage** and **water** (see ingredients for amount). Stir well and cook stirring often until the **water** has evaporated and the **cabbage** is tender, 20-25 minutes.



## Start the Mash

Meanwhile, remove the **confit duck legs** from their packaging and place on the same tray as the **plums** (skin side up). Pop on the top shelf of your oven and roast until golden and crispy, 25-30 mins. Meanwhile, peel the **potato** and chop into 2cm chunks. Add to the saucepan of boiling **water** with 0.5 tsp of **salt** and cook until tender, 18-20 mins. **TIP:** The potato is cooked when you can easily slip a knife through. Once cooked, drain the **potatoes** in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have some). Mash the **potato** until smooth, season well with **salt** and **pepper**.



## Finishing Touches

When the duck has 10 mins left, put the **green beans** on the baking tray alongside the **plums** and cook in the oven for the remaining time. **TIP:** Use a separate baking tray if your tray is a little crowded. Once cooked, remove the star anise from your **cabbage**. Stir the **redcurrant jelly** through, taste and season with **salt** and **pepper**.



## Make the Sauce

In a small saucepan bring the **water** (see ingredients for amount) to the boil, add the **red wine jus paste** and stir well to dissolve. Cook until thick enough to coat the back of a spoon, 5-7 mins. Remove from the heat



## Time to Serve

Reheat the **cabbage** and **mash** if necessary. Share the **mash** between you plates. Followed by the **red cabbage**. Place a **duck leg** on each plate and share the **beans and plums** among yourselves. Spoon over the **sauce**.

## 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.