



Confit Duck Leg, Pea Shoot and Orange Salad with Walnuts, Feta and a Honey-Mustard Dressing

Limited Edition 35 Minutes • 2 of your 5 a day

33



Confit Duck Leg



Salad Potatoes



Radishes



Sugar Snap Peas



Mint



Orange



Feta Cheese



Apple Cider Vinegar



Honey



Wholegrain Mustard



Pea Shoots



Walnuts

Before you start

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

Cooking tools, you will need:

Baking Tray, Saucepan, Zester, Bowl, Colander.

Ingredients

	2P	3P	4P
Confit Duck Leg**	2	3	4
Salad Potatoes**	350g	500g	700g
Radishes**	100g	150g	200g
Sugar Snap Peas**	80g	150g	150g
Mint**	1 bunch	1 bunch	1 bunch
Orange**	1	1	2
Feta Cheese 7)**	50g	75g	100g
Olive Oil for the Dressing*	2 tbsps	3 tbsps	4 tbsps
Apple Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Wholegrain Mustard 9)	9g	13g	17g
Pea Shoots**	40g	60g	80g
Walnuts 2)	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	595g	100g
Energy (kJ/kcal)	3177 / 759	534 / 128
Fat (g)	45	8
Sat. Fat (g)	11	2
Carbohydrate (g)	48	8
Sugars (g)	18	3
Protein (g)	44	7
Salt (g)	1.66	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 9) Mustard 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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Roast the Duck

Preheat your oven to 200°C. Remove the **confit duck legs** from their packaging. Place on a baking tray, skin-side up, and drizzle with a little **oil**. Roast on the top shelf of your oven for 25-30 mins. **IMPORTANT:** *The duck is cooked when piping hot throughout.*



Cook the Potatoes

In the meantime, bring a large saucepan of **water** with ½ tsp **salt** to the boil on high heat for the **salad potatoes**. Halve the **salad potatoes** (no need to peel). When the **water** is boiling, add the **potatoes**, lower the heat to medium and cook until you can easily slip a knife through, 15-20 mins.



Prep the Rest

Meanwhile, trim and thinly slice the **radishes**. Slice the **sugar snap peas** in half lengthways. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Crumble the **feta** into small pieces. Zest and halve the **orange(s)**. Keep **half** of the **orange(s)** aside - we will **juice** this later for the **dressing**. Place the remaining **orange** half/halves flesh-side down onto your board. Using your knife, remove the outer skin (including the white pith) by following the curve of the **orange**, top to bottom. Then cut the **orange flesh** into bite-sized pieces.



Make the Dressing

In a large salad bowl, mix together the **olive oil for the dressing** (see ingredients for amount), **cider vinegar**, **orange zest**, **honey** and **wholegrain mustard** (see ingredients for amount). **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min. Squeeze in the **juice** from the **orange** you kept aside for the **dressing**. Season with **salt** and **pepper** and mix well.*



Dress the Potatoes

Meanwhile, once the **potatoes** are cooked, drain them in a colander then return them to the pan. Add 1 tsp of the **dressing** per person to the **potatoes** and toss so they are nicely coated.



Assemble and Serve

When everything is ready, add the **pea shoots**, **salad potatoes**, **radishes**, **sugar snap peas**, **walnuts**, **feta** and **half** of the **mint** to the dressing bowl. Toss to coat everything in the **dressing**. Divide the dressed **salad** between 2 serving bowls. Top with the **oranges** pieces, scatter over the remaining **mint** then lay the **confit duck leg** on top.

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.