



Duck Donburi Rice Bowl & Pickled Radishes

with Sesame Carrot Salad and Stir-Fried Mangetout

Street Food 35 Minutes • 1 of your 5 a day

29



Confit Duck Leg



Jasmine Rice



Radish



Carrot



Garlic Clove



Ginger



Lime



Rice Vinegar



Sesame Seeds



Mangetout



Soy Sauce



Miso Paste



Ketjap Manis



Honey

Before you start

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

Cooking tools, you will need:

Baking Tray, Saucepan with Lid, Vegetable Peeler, Garlic Press, Grater, Bowls, Large Frying Pan.

Ingredients

	2P	3P	4P
Confit Duck Leg**	2	3	4
Water for Rice	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Radish**	100g	100g	150g
Carrot**	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Ginger**	½	¾	1
Lime**	1	1	1
Rice Vinegar	1 sachet	1½ sachet	2 sachets
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Sesame Seeds 3)	7.5g	12g	15g
Sesame Oil 3)	½ sachet	¾ sachet	1 sachet
Mangetout**	150g	150g	300g
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Miso Paste 11)	15g	22g	30g
Ketjap Manis 11) 13)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	486g	100g
Energy (kJ/kcal)	3240 / 774	667 / 159
Fat (g)	27	6
Sat. Fat (g)	6	1
Carbohydrate (g)	92	19
Sugars (g)	26	5
Protein (g)	43	9
Salt (g)	2.82	0.58

Nutrition for uncooked ingredients based on 2 person recipe. The above nutritionals are based on 130g of Duck Confit per person.

Allergens

3) Sesame **11)** Soya **13)** Gluten

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.

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

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Roast the Duck

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



Sesame Time

Heat a large frying pan over medium heat (no oil). Add the **sesame seeds** and toast until they are lightly golden - 1-2 mins. Stir frequently. **TIP:** *Watch them like a hawk as they can burn easily.* Pop **half the sesame seeds** into a medium bowl and the other **half** into a small bowl. Add the **sesame oil**, **half the ginger** and a squeeze of **lime juice** to the **sesame seeds** in the medium bowl, season with **salt and pepper** and mix together. Add the **carrot** ribbons, mix well to coat then set aside.



Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **jasmine rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Cook the Mangetout

Heat a drizzle of **oil** in the frying pan on medium-high heat. Once hot, add the **mangetout**, season with **salt and pepper** and stir-fry until starting to brown, 2 mins. Add the remaining **ginger** and **garlic** and stir-fry for a minute more. Remove from the heat and cover to keep warm. Meanwhile, once ready, remove the **duck** from the oven and use two forks to pull the **meat** off the bone. Discard the bone.



Get Prepped

Trim and thinly slice the **radishes**. Trim the **carrot**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **carrot**. Stop when you get to the centre. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger** (see ingredients for amount). Cut the **lime** into **wedges**. In a small bowl mix together the **rice vinegar**, **sugar** (see ingredients for amount) and a **pinch of salt**. Add the **radishes**, mix well and set aside.



Finish Up

Pop the **soy sauce**, **miso paste**, **ketjap manis** and **honey** into a saucepan with the **water** (see ingredients for amount) over medium heat. Bring to a simmer and stir until thickened, 1-2 mins. Add the **duck** and stir through the **sauce**. Divide the **rice** between bowls, top with the **duck** and its **sauce**, **pickled radishes**, **sesame carrots** and the **mangetout**. Scatter over the remaining **sesame seeds** and serve with any remaining **lime wedges** for squeezing over.

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.