



DUCK BREAST

with Spring Greens, Spiced Lentils and Apple



HELLO LENTILS

Specs and contacts wearers might like to know that lenses were named after lentils because of their convex shape!



Red Chilli



Carrot



Apple



Echalion Shallot



Spring Greens



Flat Leaf Parsley



Duck Breast



Vert Lentils



Vegetable Stock Pot



Water

30 mins

3.5 of your 5 a day

Medium Heat

Are you one of those people who only think of duck as a 'dining out' option and would never consider cooking it at home? Well, we're here to change your mind! The crucial thing is to melt the fat so the skin gets crispy. It's called 'rendering' which sounds very technical and cheffy, but it's easily done in a frying pan.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Peeler**, **Small Saucepan** (with a **Lid**), two **Frying Pans**, **Baking Tray**, **Sieve** and a **Measuring Jug**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 180°C and take the **duck** out of the fridge so it can come to room temperature. Finely chop the **red chilli**. Peel the **carrot**, remove the top and bottom and chop into roughly ½cm cubes. Peel, quarter and core the **apple**, then chop into 1cm cubes. Halve, peel and finely chop the **shallot**. Chop the leaves of the **spring greens** into roughly 1cm slices (discard the core). Finely chop the **parsley** (stalks and all).



4 MAKE THE LENTILS

Put a drizzle of **oil** in another frying pan on medium heat. Add the **chilli**, **carrot** and **shallot**. Cook until soft, 5 mins. Drain and thoroughly rinse the **vert lentils** in a sieve before adding to the pan, together with the **vegetable stock pot** and **water** (amount specified in the ingredient list). Cook for 3 mins, then take the pan off the heat and set aside until it's time to serve.



2 SOFTEN THE APPLE

Put a splash of **oil** in a small saucepan on medium-low heat. **★ TIP:** Use a knob of **butter** instead if you have some. Add the **apple**, a sprinkle of **sugar** (if you have some) and a splash of **water**. Pop a lid on the pan and cook until the **apple** has softened, 10-15 mins. Remove the lid for the last few mins of cooking time so the **apple** can thicken. Take the pan off the heat and set aside with the lid on to keep warm.



5 FRY THE GREENS

Once the **duck** is cooked, remove from your oven and leave to rest for a few mins. Pour out all but a drizzle of **oil** from the pan you used to fry it and pop on medium-high heat. Once hot, add the **spring greens**. Season with a pinch of **salt** and a good grind of **black pepper**. Fry until softened, 3-4 mins.



3 COOK THE DUCK

Season the **duck breast** with **salt** and **black pepper**. Make three diagonal cuts into the skin with a sharp knife. Lay in a cold frying pan, skin-side down. Cook on medium-low heat until the fat has rendered and the skin is crisp and golden, 7 mins. Transfer to a baking tray, skin-side up. Roast on the top shelf of your oven for 7 mins. **★ TIP:** We like our duck **pink**, if you like it well done give it 15 mins in the oven.



6 FINISH AND SERVE

Reheat your **lentils**, stir through the **parsley** and divide between plates. Serve the **spring greens** on the side. Carve the **duck** into slices and arrange on top of the **lentils** with a generous spoonful of **caramelised apple**. **Enjoy!**

2 PEOPLE INGREDIENTS

Red Chilli, chopped	½
Carrot, chopped	1
Apple, chopped	1
Echalion Shallot, chopped	1
Spring Greens, sliced	½ bag
Flat Leaf Parsley, chopped	½ bunch
Duck Breast	2
Vert Lentils	1 tin
Vegetable Stock Pot 9) 12)	½
Water*	75ml

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	511	92
(kJ)	2140	384
Fat (g)	14	3
Sat. Fat (g)	3	1
Carbohydrate (g)	47	8
Sugars (g)	18	3
Protein (g)	50	9
Salt (g)	2.32	0.42

ALLERGENS

9)Celery 12)Sulphites

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery Salt**, **Celery Powder**, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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