



# Loaded Pulled TeriQuacki Duck with Salt and Pepper Chips

Street Food 40 Minutes • Little Spice • 1 of your 5 a day

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Confit Duck Leg



Potatoes



Radish



Rice Vinegar



Bell Pepper



Spring Onion



Garlic Clove



Black Peppercorns



Salted Peanuts



Coriander



Chinese Five Spice



Chilli Flakes



Teriyaki Sauce

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Small Bowl, Garlic Press and Frying Pan.

## Ingredients

	2P	3P	4P
Confit Duck Leg**	2	3	4
Potatoes**	700g	900g	1400g
Radish**	50g	75g	100g
Rice Vinegar	1 sachet	2 sachets	2 sachets
Sugar for the Pickle*	½ tsp	½ tsp	½ tsp
Bell Pepper***	1	2	2
Spring Onion**	1	2	2
Garlic Clove	1	2	2
Black Peppercorns	1 sachet	1 sachet	2 sachets
Salted Peanuts 1)	25g	40g	50g
Coriander**	1 bunch	1 bunch	1 bunch
Chinese Five Spice	1 sachet	1 sachet	2 sachets
Chilli Flakes	1 pinch	1 pinch	2 pinch
Teriyaki Sauce 11)	75g	100g	150g

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	667g	100g
Energy (kJ/kcal)	3028 / 724	454 / 108
Fat (g)	25	4
Sat. Fat (g)	6	1
Carbohydrate (g)	80	12
Sugars (g)	20	3
Protein (g)	44	7
Salt (g)	2.88	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

1) Peanut 11) Soya

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

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## Roast the Duck

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



## Roast the Chips

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel). Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When hot, roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through.



## Finish the Prep

While everything cooks, trim and thinly slice the **radishes**. Pop the **radishes** into a small bowl and add the **vinegar** and the **sugar** (see ingredients for amount). Add a pinch of **salt**, mix together and set aside. Halve the **pepper** and discard the core and seeds. Slice into thin strips, then chop into roughly 1cm pieces. Trim and thinly slice the **spring onion**. Peel and grate the **garlic** (or use a **garlic press**). Crush the **peppercorns** and **peanuts**. Roughly chop the **coriander** (stalks and all).



## Make the Chip Seasoning

Heat a drizzle of **oil** in a frying pan on medium-high heat. When hot, add the **bell pepper** and stir-fry until slightly charred, 4-5 mins. Season with **salt** then add the **garlic**, **spring onion**, **crushed peppercorns**, **Chinese five spice** and a pinch of **chilli flakes** (add less if you don't like heat). Stir and cook for 1-2 mins, then remove from the heat and pop the mixture into a bowl.



## Finish the Duck

Once the **duck** is ready, remove it from the oven and use two forks to pull the **meat** off the bone and shred finely. Discard the bone. Pop your pan back on medium heat and add the **duck** and **teriyaki sauce**. Stir together and cook until piping hot, 1-2 mins. Remove from the heat. Once the **chips** are cooked, remove them from the oven and add the **pepper seasoning** to the tray, mixing everything together.



## Serve

Divide the **chips** between your plates and top with the **duck**. Scatter over the **pickled radishes**, **coriander** and **peanuts** then tuck in.

## Enjoy!