



MANGO GLAZED DUCK BREAST

WITH PARADISE RICE

SPECIALITY INGREDIENT.



HELLO MANGO CHUTNEY

'Chutney' is derived from a Hindi word which means 'to lick' ... yum!



Red Pepper



Carrot



Coriander



Lime



Red Chilli



Duck Breast



Basmati Rice



Chicken Stock Powder



Desiccated Coconut



Mango Chutney

Add a little bit of low-key luxury to your menu with our delicious mango glazed duck breast recipe. To get the skin beautifully golden and crispy, we've pan-fried the duck first before finishing it off in the oven and coating it in a glossy mango glaze. Thinly sliced over a bed of 'paradise' rice (trust us, you won't be going back after tasting this coconutty side) and finished off with a sprinkling of chopped coriander and fresh chilli, this dish really does taste as good as it looks.

35 mins

1 of your 5 a day

MEAL BAG

13

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Coarse Grater, Fine Grater, Large Saucepan** (with a **Lid**), **Frying Pan**, some **Baking Paper** and a **Baking Tray**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C. Halve, then remove the core from the **pepper** and thinly slice. Trim the ends from the **carrot** and grate on the coarse side of your grater (no need to peel). Roughly chop the **coriander** (stalks and all). Zest, then halve the **lime**. Halve the **chilli** lengthways, then finely chop. Gently score the **duck** skin with the tip of your knife in a criss-cross pattern, being careful not to cut through to the meat.



4 DUCK TIME!

Season the **duck** on both sides with **salt** and **pepper**. When the frying pan is hot, lay the **duck** in the pan skin-side down. Cook until the skin is golden and crisp, 4-5 mins. Lower the heat to medium if it's browning too quickly. Turn and brown the flesh side for 1 minute then transfer to a lined baking tray. Roast on the top shelf of your oven for 7-8 mins if you like your duck pink. Cook for 10-12 mins if you like it more well done.



2 START THE RICE

Add a splash of **oil** to a large saucepan over medium heat. Add the **pepper** and cook until soft, 3-4 mins. Stir in the **rice**. Add the **water** (see ingredients for amount) and **stock powder**. Bring to the boil then lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **TIP: The rice will finish cooking in its own steam.**



5 MAKE THE GLAZE

Meanwhile, give the frying pan a quick wash and then pop back on a low heat. Add the **mango chutney** along with the **water** (see ingredients for amount). Heat, stirring, until the **mixture** bubbles then cook for 2 mins until shiny and sticky. Remove from the heat and stir in a pinch of **chilli** and a squeeze of **lime juice**.



3 TOAST THE COCONUT

Heat a frying pan over medium heat (no oil) and add the **desiccated coconut**. Cook until the **coconut** is golden, stirring frequently. **TIP: The coconut burns easily so keep an eye on it!** When golden, transfer to a small bowl. We will add it to the rice later. Wipe out the pan and return it to a medium-high heat - it's time to cook the duck!



6 FINISH AND SERVE

When the duck is ready, remove from the oven and transfer to the pan with the glaze. Roll the **duck** in the **glaze** and leave to rest while you plate up. Fluff up the **rice** with a fork and stir in the **carrot, lime zest**, remaining **lime juice** and **coconut**, then share between your plates. Thinly slice the **duck breasts** and lay on top. Spoon the **glaze** over the duck. Finish with a sprinkling of **coriander** and a little more **chilli**.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Pepper	1	1	2
Carrot	1	2	2
Coriander	1 bunch	1 bunch	1 bunch
Lime	1	1½	2
Red Chilli	½	1	1
Duck Breast	2	3	4
Basmati Rice	150g	225g	300g
Water for the Rice*	300ml	450ml	600ml
Chicken Stock Powder	½ sachet	1 sachet	1 sachet
Desiccated Coconut	25g	40g	50g
Mango Chutney	2 sachets	3 sachets	4 sachets
Water for the Glaze*	2 tbsp	3 tbsp	4 tbsp

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 475G	PER 100G
Energy (kcal)	786	166
(kJ)	3287	693
Fat (g)	20	4
Sat. Fat (g)	10	2
Carbohydrate (g)	93	20
Sugars (g)	31	7
Protein (g)	56	12
Salt (g)	2.27	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

PAIR THIS MEAL WITH

A full bodied red like a Pinot Noir

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

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