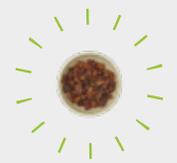




PAN FRIED DUCK PILAF

with Tomato and Carrot



HELLO RAISINS

Raisins are smaller and darker than sultanas, but larger than dried currants, both of which are also dried grapes.



Onion



Garlic Clove



Baby Plum Tomatoes



Carrot



Coriander



Pasanda Seasoning



Basmati Rice



Raisins



Chicken Stock Powder



Duck Breast



Greek Yoghurt

Hands on: **20 mins**
 Total: **30 mins**

2.5 of your
5 a day

Ready in just 30 minutes, our pan-fried duck pilaf is a sweet and succulent dish that delivers on taste. Seasoned with garlic and pasanda spice blend, the Indian spice takes duck to the next level, drawing out its naturally sweet and rich flavour. Our chefs have chosen to pan fry the meat for a deliciously crispy outer texture. Combine with basmati rice, raisins and fresh carrot and a drizzle of yoghurt for a dish that ticks all the boxes.

BEFORE YOU START

Our fruit and veggies may need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Large Saucepan**, **Measuring Jug** and **Large Frying Pan**. Now, let's get cooking!



1 GET PREPARED

Preheat the oven to 200 degrees. Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Halve the baby **tomatoes**. Trim then grate the **carrot** on the coarse side of your grater (no need to peel). Roughly chop the **coriander** (stalks and all!).



2 START THE PILAF

Heat a splash of **oil** and a knob of **butter** (if you have some) in a large saucepan over medium high heat. Once hot, add the **onion**, **tomatoes** and a pinch of **salt** and **pepper**. Cook until the **onions** are soft and the **tomatoes** have burst, 5-6 mins, tiring occasionally. Once soft, stir in the **garlic** and **pasanda seasoning**. Cook for 1 minute more, then add the **rice** and **raisins** to the pan. Stir to coat the **rice** in all the flavour.



3 COOK THE PILAF

Pour the water for the **rice** (see ingredients for amount) into the saucepan. Add the **chicken stock powder** and stir to dissolve. Bring to the boil. Once boiling, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove from the heat (still covered) and leave to the side for 10 mins or until ready to serve (the **rice** will continue to cook in it's own steam).



4 PAN-FRY THE DUCK

While the **rice** cooks, pop a large frying pan over medium high heat. Season the duck on both sides with **salt** and **pepper**. Once hot, lay the duck in the pan skin-side down. **IMPORTANT: Wash your hands after handling raw meat!** 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 baking tray skin side up.



5 COOK THE DUCK

Pop the tray onto the top shelf of the oven and cook for 10-12 mins. **IMPORTANT: The duck is cooked when no longer pink in the middle.** Once cooked, transfer your duck to a board or large plate and cover with foil. Leave to rest for a few mins.



6 FINISH UP

Once everything is ready. Fluff up the **rice** with a fork and mix in the **grated carrot** and **half the coriander**. Season to taste with **salt** and **pepper** and share between your bowls. Thinly slice the **duck** and lay on top of the **rice**. Drizzle over the **yogurt** and sprinkle over the remaining **coriander**. **Serve and Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion *	1	2	2
Garlic Clove *	1	2	2
Baby Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Carrot *	1	1½	2
Coriander *	1 bunch	1 bunch	1 bunch
Pasanda Seasoning	1 small pot	¾ large pot	1 large pot
Basmati Rice	150g	225g	300g
Raisins	1 bag	1½ bags	2 bags
Water for the Rice*	300ml	450ml	600ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Duck Breast *	2	3	4
Greek Yoghurt 7) *	½ pouch	¾ pouch	1 pouch

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 499G	PER 100G
Energy (kJ/kcal)	2925 / 699	586 / 140
Fat (g)	17	3
Sat. Fat (g)	5	1
Carbohydrate (g)	92	18
Sugars (g)	27	6
Protein (g)	45	9
Salt (g)	1.23	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

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.

THUMBS UP OR THUMBS DOWN?

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