



Pulled Duck Tacos

with Chipotle Tomato Salsa and Sweet Potato Fries

STREET FOOD 40 Minutes • Medium Heat • 2.5 of your 5 a day

N° 18



Confit Duck Leg



Vine Tomato



Coriander



Spring Onion



Red Onion



Baby Gem Lettuce



Sweet Potato Fries



Red Wine Vinegar



Chipotle Paste



Mayonnaise



Small Tortillas

Before you start

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

Basic cooking tools you will need:

Two Baking Trays and Mixing Bowl.

Ingredients

	2P	3P	4P
Confit Duck Leg**	2	3	4
Vine Tomato**	2	3	4
Coriander**	1 bunch	1 bunch	1 bunch
Spring Onion**	1	2	2
Red Onion**	½	½	1
Baby Gem Lettuce**	1	1½	2
Sweet Potato Fries**	1 small pack	1 large pack	2 small packs
Red Wine Vinegar 14)	2 sachets	3 sachets	4 sachets
Sugar for the Pickle*	1 tsp	1 tsp	2 tsp
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Mayonnaise 8) 9) **	1 sachet	1½ sachets	2 sachets
Water for the Dressing*	½ tbsp	¾ tbsp	1 tbsp
Small Tortillas 13)	6	9	12

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	662g	100g
Energy (kJ/kcal)	4178 /999	631 /151
Fat (g)	44	7
Sat. Fat (g)	10	2
Carbohydrate (g)	90	14
Sugars (g)	11	2
Protein (g)	61	9
Salt (g)	2.79	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg **9)** Mustard **13)** Gluten **14)** Sulphites

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Cook the Duck

Preheat your oven to 200°C. Remove the **confit duck legs** from their packaging and place on a baking tray. Pop on the top shelf of your oven and roast until golden and crispy, 25-30 mins.



2. Chop Chop

Chop the **tomato** into small 1cm pieces. Roughly chop the **coriander** (stalks and all), keeping a few sprigs to one side for **garnish**. Trim, then thinly slice the **spring onion**. Halve, peel and slice the **red onion** as thinly as you can. Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways.



3. Roast the Fries

Pop the **sweet potato fries** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then roast on the top shelf of the oven until golden and crisp, 18-20 mins. Turn halfway through. Meanwhile, place the **red onion** into another bowl. Mix in **half** the **red wine vinegar**, the **sugar** for the pickle (see ingredients for amount) and a pinch of **salt**. Set to one side.



4. Make the Salsa

Pop the **chopped tomato** into a large bowl. Mix in the **spring onion**, **chopped coriander**, the remaining **red wine vinegar** and a drizzle of **oil**. Season with **salt** and **pepper**. Squeeze in **half** the **chipotle paste** (add less if you don't like heat, this one's very hot!). Mix to combine and set to one side.



5. Make the Mayo

Pop the **mayonnaise** into a small bowl. Mix in the remaining **chipotle paste** and the **water** for the **dressing** (see ingredients for amount). Once ready, remove the **duck** from the oven and use a fork to pull the meat off the bone. Discard the bone.



6. Assemble

Place the **tortillas** into the oven to warm through, 2-3 mins. Share the **tortillas** between your plates then pile everything on top! We started with the **baby gem** at the bottom, followed by the **duck**, the **salsa**, then the **pickled onion**! Finally, drizzle the **mayo dressing** all over the top and **garnish** with the leftover sprigs of **coriander**. Serve the **sweet potato fries** on the side.

Dig in!