



Seared Honey Duck Breast

with Berry Jus and Roasted Garlic Mash

PREMIUM 45 Minutes • 1 of your 5 a day

N° 13



Chantenay Carrots



Garlic Clove



Potato



Duck Breast



Honey



Redcurrant Jelly



Red Wine Stock Pot



Flat Leaf Parsley

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Baking Tray, Peeler, Colander, Frying Pan, Measuring Jug and Potato Masher.

Ingredients

	2P	3P	4P
Chantenay Carrots**	1	2	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Potato**	1 small pack	1 large pack	2 small packs
Duck Breast**	2	3	4
Honey	1 sachet	2 sachets	2 sachets
Water*	100ml	150ml	200ml
Redcurrant Jelly	1 pot	1½ pots	2 pots
Red Wine Stock Pot 14	1 pot	1½ pots	2 pots
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	566g	100g
Energy (kJ/kcal)	2441/584	432/103
Fat (g)	12	2
Sat. Fat (g)	4	1
Carbohydrate (g)	68	12
Sugars (g)	25	4
Protein (g)	53	9
Salt (g)	3.01	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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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Packed in the UK



1. Roast the Carrots

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the potatoes. Trim the **chantenay carrots** and halve any large ones lengthways. Pop on a baking tray, drizzle with a little **oil** and season with **salt** and **pepper**. Toss to coat then spread out. Peel the **garlic clove(s)** and pop into foil with a drizzle of **oil** and scrunch to enclose it, pop on the tray with the **carrots**. Roast on the top shelf of your oven for 25-30 mins. Halfway through cooking, turn the **carrots** and remove the **garlic** from the oven.



4. Make the Sauce

While the duck and carrots cook, drain any excess fat from the duck pan and return to medium heat. Add the **water** (see ingredients for amount), **redcurrant jelly** and **red wine stock pot**. Bring to the boil, stirring to dissolve the **jelly** and **stock**, then simmer on a low heat until rich and glossy, 6-8 mins. If it gets too thick, add a splash of hot **water**. Meanwhile, finely chop the **flat leaf parsley**.



2. Boil the Potatoes

Meanwhile, peel the **potatoes** and chop into 2cm chunks. Add to the saucepan of boiling **water** and boil till you can easily slip a knife through them, 12-16 mins. When cooked, drain in a colander and return to the pan, off the heat.



5. Make the Garlic Mash

Mash the **potatoes** until smooth, adding a knob of **butter** if you have any. Season well with **salt** and plenty of **pepper**. Remove the **garlic cloves** from their **parcels** and roughly mash with a fork. Mash the **garlic** into the **potato** - make sure it is well incorporated.



3. Fry the Duck

Meanwhile, put a frying pan on medium heat (no oil). Season the **duck breasts** on both sides with **salt** and **pepper**. Add to the pan skin-side down and cook for 4-5 mins, until the skin is golden. Turn over and cook for another minute on the flesh side, then remove from the pan and place, skin side up, on the tray with the **carrots**. Drizzle the **honey** over the **duck** and return the tray to the oven for 15 mins. **IMPORTANT: Wash your hands after handling raw meat.**



6. Serve

When the **duck** is cooked, remove to a board and leave to rest for a few minutes before slicing into 5 slices. **IMPORTANT: The duck is cooked when it is no longer pink in the middle.** Serve the **garlic mash** on plates topped with the **duck**. Arrange the **roasted carrots** around the plate, then drizzle the **redcurrant sauce** over. Finish with a scattering of **parsley**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.