



Everything But The Chef

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Roast Duck Breast with Jewelled Couscous

This indulgent roasted duck with jewelled couscous is perfect for Christmas! Glorious red and green are studded through this couscous salad – it’s a perfect side for a Boxing Day barbeque. Soaking the dried cranberries in boiling water plumps them up and freshens their flavour beautifully. If you’ve been too intimidated to try cooking duck before, be prepared to master the art! Don’t fear its fatty exterior, as this will render off into the pan and ensure the breast is kept moist.

Prep: 10 mins
Cook: 25 mins
Total: 35 mins

eat me early

level 1

low sodium

Pantry Items

Boiling Water

Olive Oil

Dried Cranberries

Duck Breast

Couscous

Pine Nuts

Parsley

Cucumber

Lemon

2P	4P	Ingredients
1 packet	2 packets	dried cranberries
1 cup	2 cups	boiling water *
1 fillet	2 fillets	duck breast
½ cup	1 cup	couscous
1 tbs	2 tbs	pine nuts
½ bunch	1 bunch	parsley, finely chopped ⊕
1	2	cucumber, finely diced
2 tsp	1 tbs	olive oil *
½	1	lemon, juiced ⊕

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	3090	Kj
Protein	22.7	g
Fat, total	45.2	g
-saturated	11.7	g
Carbohydrate	61.1	g
-sugars	11.7	g
Sodium	88	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, small heatproof bowl, kettle full of boiling water, ovenproof frying pan, paper towel, aluminium, bowl, cling wrap, and a small frying pan.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 In a small bowl, soak the **dried cranberries** in half of the **boiling water** for **15 minutes**. Drain.

3 Meanwhile, heat an ovenproof frying pan over a medium heat. Pat the **duck breast** dry with paper towel, lightly score the skin in a criss cross pattern and lightly season the skin with **salt**. Place in the heated frying pan skin side down for **3-4 minutes** or until the skin is golden (you don't need to add any oil). Turn and cook for a further **1 minute**. Transfer the frying pan to the oven for a further **8-10 minutes** or until cooked to your liking (duck breast can be served pink). Transfer the duck to a plate and cover with foil to rest for **5 minutes**. Slice on an angle.

4 While the duck is in the oven, place the **couscous** in a heatproof bowl. Pour the remaining boiling water over the couscous, stir with a fork, and then cover the bowl tightly with cling wrap. Leave to sit for **5 minutes**. Remove the cling wrap and fluff the couscous with a fork.

5 Heat a small frying pan over a medium-low heat. Add the **pine nuts** and cook until toasted. Remove immediately from the pan so they don't continue to cook.

6 Add the pine nuts, soaked cranberries, **parsley**, and **cucumber** to the couscous. Drizzle with the **olive oil** and **lemon juice**. Season to taste with salt and **pepper** and then toss well.

7 Divide the jewelled couscous between plates. Top with the sliced duck breast and enjoy this festive meal!

Did you know? Fresh cranberries bounce! Small pockets of air inside the fruit enable it to bounce. They also float in water, which is how they're harvested.

