



# Roast Duck & Dauphinoise Potatoes

with Braised Cabbage, Baby Broccoli & Gravy

GOURMET PLUS

Grab your meal kit  
with this number

28



Potato



Garlic



Light Cooking  
Cream



Chicken-Style  
Stock Powder



Parmesan Cheese



Roast Duck  
Breast



Baby Broccoli



Shredded Cabbage  
Mix



Gravy Granules

Prep in: 30-40 mins  
Ready in: 40-50 mins

Roll up your sleeves and get gourmet! From the rich roasted duck breast to the delicate dauphinoise potatoes with a hint of sharp Parmesan, this dish is something special. Bring it all together with some crisp and vibrant veggie sides, which balance out the richness beautifully.

## Pantry items

Olive Oil, Brown Sugar, Vinegar (White Wine or Balsamic), Cracked Black Pepper, Butter



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large saucepan · Small baking dish · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
light cooking cream	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
Parmesan cheese	1 medium packet	1 large packet
roast duck breast	1 packet	2 packets
baby broccoli	1 bunch	2 bunches
shredded cabbage mix	1 medium packet	1 large packet
<b>brown sugar*</b>	1 tbs	2 tbs
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
<b>water*</b>	¼ cup	½ cup
gravy granules	1 medium sachet	1 large sachet
<b>boiling water*</b>	½ cup	1 cup
<b>cracked black pepper*</b>	1 tsp	2 tsp
<b>butter*</b>	20g	40g

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3240kJ (774Cal)	501kJ (120Cal)
Protein (g)	52.3g	8.1g
Fat, total (g)	44.1g	6.8g
- saturated (g)	21.5g	3.3g
Carbohydrate (g)	41.4g	6.4g
- sugars (g)	14.6g	2.3g
Sodium (mg)	1533mg	237mg
Dietary Fibre (g)	9g	1.4g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## Fancy a drop?

We recommend pairing this meal with Gewurztraminer or Pinot Gris

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



1



## Make the dauphinoise potato

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle. Half-fill a large saucepan with boiling water. Cut **potato** into 0.5cm-thick rounds. Finely chop **garlic**.
- Cook **potato** in the boiling water, over high heat, until just tender, **4-6 minutes**. Drain **potato**.
- In a small bowl, combine **light cooking cream**, **garlic**, **chicken-style stock powder** and a pinch of **salt** and **pepper**.
- In a baking dish, arrange **potato slices** so they sit flat. Pour over **cream mixture**, then gently shake the dish to coat **potato**. Sprinkle with **Parmesan cheese**. Cover with foil. Bake until potato has softened, **14-16 minutes**.
- Remove foil, then return **potato** to oven. Bake until golden and the centre can be easily pierced with a fork, **10-12 minutes**.

4



## Sear the duck

- When the duck has almost finished grilling, wipe out frying pan and return to medium heat with a drizzle of **olive oil**.
- Transfer grilled duck to frying pan, skin-side down and cook until skin is golden brown, **3-5 minutes**.
- Transfer to a plate to rest for **5 minutes**.

**TIP:** For even browning, press down on the duck in the frying pan using a spatula.

2



## Grill the duck

- Meanwhile, preheat grill to high. Pat **roast duck breast** dry with a paper towel, then rub with a good pinch of **salt**.
- Place **duck**, skin-side up, on a lined oven tray. Grill until heated through and starting to brown, **10-14 minutes**.

5



## Make the gravy

- While the duck is resting, boil the kettle.
- In a medium bowl, combine **gravy granules**, the **boiling water** (½ cup for 2 people / 1 cup for 4 people), **cracked black pepper** and **butter**, whisking, until smooth, **1 minute**.

3



## Cook the veggies

- Meanwhile, trim **baby broccoli**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby broccoli**, tossing, until tender, **5-6 minutes**. Season to taste. Transfer to a plate and cover to keep warm.
- Return pan to medium-high heat. Cook **shredded cabbage mix**, the **brown sugar**, the **vinegar** and **water**, stirring occasionally, until softened, **4-5 minutes**. Transfer to the plate with the **baby broccoli**. Cover to keep warm.

6



## Serve up

- Slice the roast duck.
- Divide duck, dauphinoise potato, braised cabbage and baby broccoli between plates.
- Serve with gravy. Enjoy!

## Rate your recipe

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