

Glazed Roast Duck & Ratatouille

with Herbed Garlic Potatoes & Goat Cheese

FRENCH FLAIR

Grab your meal kit
with this number

38



Tomato



Zucchini



Garlic



Potato



Parsley



Tomato Sugo



Roast Duck
Breast



Onion Chutney



Marinated Goat
Cheese

Prep in: 25-35 mins
Ready in: 40-50 mins

Bring French-inspired flavours to your table tonight with this impressive dish featuring: a tender vegetable stew or 'ratatouille', and the delicate flavours of seared duck breast accompanied by an onion glaze and a generous heaping of parsley potatoes.

Pantry items

Olive Oil, 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

Medium or large baking dish · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
zucchini	2	4
garlic	3 cloves	6 cloves
potato	2	4
parsley	1 packet	1 packet
tomato sugo	1 packet	2 packets
roast duck breast	1 medium packet	2 medium packets
onion chutney	1 packet	2 packets
butter*	40g	80g
salt*	¼ tsp	½ tsp
marinated goat cheese	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3183kJ (761Cal)	376kJ (90Cal)
Protein (g)	56g	6.6g
Fat, total (g)	37.2g	4.4g
- saturated (g)	13.2g	1.6g
Carbohydrate (g)	48.5g	5.7g
- sugars (g)	20.9g	2.5g
Sodium (mg)	1679mg	198mg
Dietary Fibre (g)	9.4g	1.1g

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 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 Dry Riesling or Grüner Veltliner

We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Slice **tomato** and **zucchini** into 0.5cm-thick rounds.
- Thinly slice **garlic**.
- Peel **potato** and cut into large chunks.
- Finely chop **parsley**.



Cook the duck breast

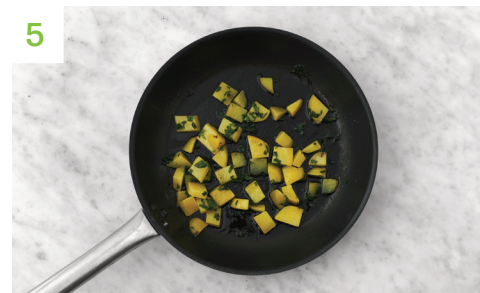
- When potatoes have **10 minutes** remaining, remove label from the **roast duck breast** tray (do not peel or puncture the plastic film).
- Microwave on high for **3 minutes**. Carefully remove plastic film. Using paper towel, pat the **duck** skin dry then rub with a good pinch of **salt**.
- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **duck**, skin-side down, until skin is golden brown, **3-5 minutes**.
- Remove from heat, then add **onion chutney**, half the **butter** and a splash of **water**, turning **duck** to coat. Transfer to a plate and set aside to rest.



Bake the ratatouille

- Spoon **tomato sugo** evenly into the bottom of a baking dish with half the **garlic** slices.
- Arrange sliced **tomato** and **zucchini**, standing upright, on top of sugo. Season with **salt** and **pepper**. Top with good drizzle of **olive oil**.
- Bake until veggies are tender, **30-35 minutes**.

TIP: Make sure to season the veggies in between the layers for extra flavour!



Finish the potatoes

- Wipe out frying pan and return to medium-high heat. Add the remaining **butter** and **garlic** and cook, stirring, until fragrant, **1 minute**.
- Remove from heat and add **parsley** and the **salt** and return **potato** to the pan, tossing to coat.
- Season generously with **pepper**.

TIP: Add a splash of water if the potato looks dry!



Boil the potatoes

- Meanwhile, half-fill a medium saucepan with the boiling water, then add a generous pinch of **salt**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain.



Serve up

- Slice duck breast.
- Divide glazed roast duck, herbed garlic potatoes and ratatouille between plates. Spoon any remaining sauce from the baking dish over ratatouille and resting juices over duck.
- Top ratatouille with **marinated goat cheese** to serve. Enjoy!

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