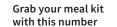


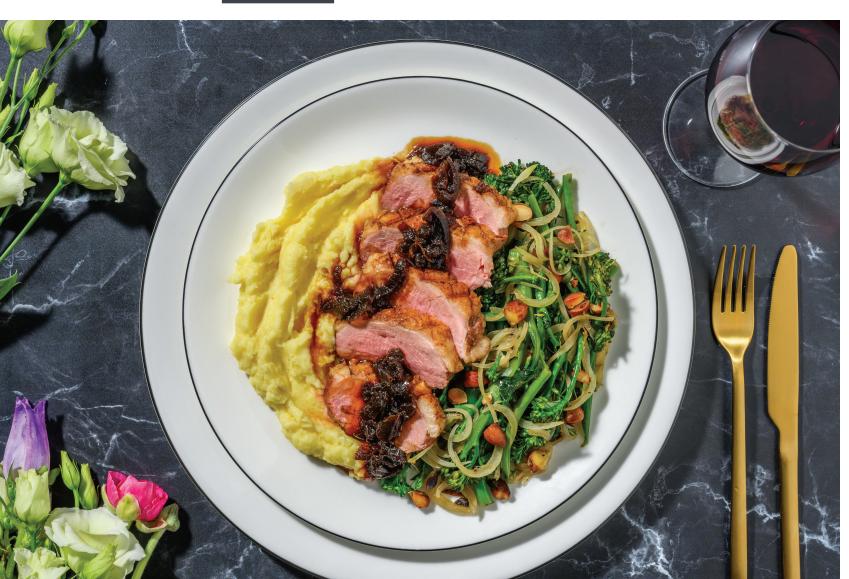
# Roast Duck & Truffle-Parmesan Mash

with Almond Greens & Caramelised Onion Sauce

GOURMET PLUS











Potato

Parmesan Cheese



Truffle Oil

Baby Broccoli





Green Beans

**Roasted Almonds** 





**Brown Onion** 



Roast Duck Breast



Onion Chutney

Prep in: 25-35 mins Ready in: 30-40 mins **Pantry items** Olive Oil, Butter, Milk

## 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 saucepan with a lid  $\cdot$  Oven tray lined with baking paper  $\cdot$  Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	20g	40g
milk*	2 tbs	1/4 cup
salt*	1/4 tsp	½ tsp
Parmesan cheese	1 medium packet	1 large packet
truffle oil	drizzle	drizzle
baby broccoli	1 bunch	2 bunches
green beans	1 small packet	1 medium packet
roasted almonds	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
brown onion	1	2
roast duck breast	1 medium packet	2 medium packets
onion chutney	1 packet	2 packets
water*	3 tbs	6 tbs
*Pantry Items		

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3361kJ (803Cal)	488kJ (117Cal)
Protein (g)	54.5g	7.9g
Fat, total (g)	45g	6.5g
- saturated (g)	15g	2.2g
Carbohydrate (g)	44.9g	6.5g
- sugars (g)	19.3g	2.8g
Sodium (mg)	789mg	114mg
Dietary Fibre (g)	14.1g	2g
- saturated (g) Carbohydrate (g) - sugars (g) Sodium (mg)	15g 44.9g 19.3g 789mg	2.2g 6.5g 2.8g 114mg

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.



## Make the mash

- Preheat oven to 240°C/220°C fan forced. Bring a medium saucepan of salted water to the boil.
- Peel potato and cut into large chunks. Cook in the boiling water until easily pierced with a knife, 12-15 minutes. Drain and return to the pan.
- Add the butter and milk to the potato. Season generously with salt. Mash until smooth. Stir through Parmesan cheese and truffle oil (see ingredients). Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!

**TIP:** Truffle oil has a strong flavour - add less if desired.



# Get prepped

- While the potato is cooking, slice baby broccoli in half lengthways.
- Trim green beans.
- · Roughly chop roasted almonds.
- Finely chop garlic.
- Thinly slice brown onion.
- Pat roast duck breast dry with paper towel.
  Lightly score the skin, then rub with a good pinch of salt.



## Cook the duck

- On a lined oven tray, place roast duck breast, skin-side up. Roast until lightly browned and heated through, 6-7 minutes.
- Remove from the oven, then heat a drizzle of olive oil in a large frying pan over medium-low heat. Once hot, transfer the roasted duck to the pan, skin-side down. Cook until the skin is golden brown, 6-8 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.



## Cook the greens

- While the duck is resting, wash out frying pan and return to medium-high heat with a drizzle of olive oil. Cook baby broccoli, green beans and onion, tossing until softened, 4-5 minutes.
- Add garlic and almonds and cook until fragrant,
  1-2 minutes. Season with salt and pepper. Set aside and cover to keep warm.



## Make the sauce

 Return frying pan to medium-high heat with a drizzle of olive oil. Add onion chutney and the water. Season, then cook, stirring, until slightly reduced, 1 minute. Remove from the heat.



## Serve up

- Slice duck.
- Divide the roast duck, truffle-Parmesan mash and almond greens between plates.
- Spoon the caramelised onion sauce over the duck to serve. Enjoy!

