

Seared Duck a L'Orange

with Garlic Greens & Duck Fat Potatoes

FRENCH FLAIR

Grab your meal kit with this number

38



Potato



Duck Fat



Baby Broccoli



Silverbeet



Garlic



Orange



Thyme



Roast Duck Breast



Onion Chutney

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

Spoil yourself tonight with classic French cooking that's indulgence at its finest. This rich orange and thyme sauce glazes duck breast for a punch of sweet and tangy flavours that work together stunningly. Complemented by crispy potatoes and tender greens, it's time to whack on your fancy PJs and settle in for a gourmet delight.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
duck fat	1 packet	2 packets
baby broccoli	1 bunch	2 bunches
silverbeet	1 medium packet	2 medium packets
garlic	3 cloves	6 cloves
orange	½	1
thyme	1 packet	1 packet
roast duck breast	1 packet	2 packets
onion chutney	1 packet	2 packets
salt*	¼ tsp	½ tsp
vinegar* (white wine or balsamic)	½ tbs	1 tbs
butter*	20g	40g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2914kJ (696cal)	239kJ (57cal)
Protein (g)	47.5g	3.9g
Fat, total (g)	33.2g	2.7g
- saturated (g)	11.9g	1g
Carbohydrate (g)	50.3g	4.1g
- sugars (g)	23.9g	2g
Sodium (mg)	1165mg	95.7mg
Dietary Fibre (g)	13.2g	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

1



Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- In a microwave-safe bowl, microwave **duck fat** until melted.
- Place **potato** on a lined oven tray. Drizzle with melted **duck fat**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, spread the potatoes across two trays.

2



Get prepped

- Meanwhile, trim **baby broccoli** and halve lengthways.
- Roughly chop **silverbeet**.
- Finely chop **garlic**.
- Zest **orange** (see ingredients) to get a pinch, then juice the orange.
- Pick **thyme** leaves and finely chop.

3



Cook the duck

- Remove label from **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**. Transfer to a plate to rest.

4



Cook the veggies

- While duck is resting, wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **baby broccoli** with a dash of **water**, tossing, until just slightly tender, **2 minutes**.
- Add **silverbeet** and cook, stirring, until tender, **3-4 minutes**.
- Add half the **garlic** and cook until fragrant, **1 minute**. Transfer **veggies** to a bowl, season and cover to keep warm.

5



Make the glaze

- While veggies are cooking, combine **onion chutney**, the **salt**, **orange zest**, **orange juice** and the **vinegar** in a medium bowl.
- Return frying pan to medium heat with a drizzle of **olive oil**. Cook **thyme** and remaining **garlic** until fragrant, **30 seconds**.
- Add **orange juice mixture** and simmer until thickened, **1-2 minutes**. Remove pan from heat, then stir through the **butter**, until melted.

6



Serve up

- Slice duck.
- Divide seared duck, garlic greens and duck fat potatoes between plates.
- Spoon the orange glaze over the duck to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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