

Duck Breast & Lentil Ragout

with Potato Purée & Baby Carrots

FRENCH FLAIR

Grab your meal kit
with this number

38



Garlic



Leek



Lentils



Thyme



Dutch Carrots



Potato



Chicken Stock
Pot



Worcestershire Sauce



Roast Duck
Breast

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

Transport your palate to the heart of Paris with the French-inspired flavours of this divine dish; featuring rich roast duck, creamy potato purée, delicate baby carrots and a flavourful lentil ragout.

Pantry items

Olive Oil, Butter, Milk, Plain Flour, White Wine Vinegar

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

Two large saucepans with lids · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
leek	1	2
lentils	1 packet	2 packets
thyme	1 packet	1 packet
Dutch carrots	1 bunch	2 bunches
potato	2	4
butter* (for the mash)	40g	80g
milk*	2 tbs	¼ cup
plain flour*	1 tsp	2 tsp
chicken stock pot	1 packet	2 packets
Worcestershire sauce	1 packet	2 packets
butter* (for the veg)	40g	80
water*	½ cup	1 cup
white wine vinegar*	1 tsp	2 tsp
roast duck breast	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4369kJ (1044cal)	326kJ (78cal)
Protein (g)	60.9g	4.5g
Fat, total (g)	58.6g	4.4g
- saturated (g)	28.5g	2.1g
Carbohydrate (g)	63.6g	4.7g
- sugars (g)	16.6g	1.2g
Sodium (mg)	1659mg	123.9mg
Dietary Fibre (g)	19.5g	1.5g

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 Pinot Noir or Merlot.



Get prepped

- Finely chop **garlic**.
- Thinly slice **leek**.
- Drain and rinse **lentils**.
- Pick **thyme** leaves.
- Trim green tops from **Dutch carrots**, then scrub **carrots** clean. Halve **carrots** lengthways.
- Peel **potato**, then cut into large chunks.



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 **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. Cover to keep warm.



Make the potato purée

- Boil the kettle. Half-fill a large saucepan with 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 and return to the pan.
- Add the **butter (for the mash)** and **milk** to potato and season with **salt**. Mash until smooth. Cover to keep warm.

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



Cook the baby carrots

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **carrots**, tossing, until tender, **5-7 minutes**. Add a dash of **water** to the pan to help carrots cook. Season to taste.



Start the lentil ragout

- While the potato is cooking, heat a second large saucepan over medium-high heat with a drizzle of **olive oil**.
- Cook **leek**, stirring, until softened, **5-6 minutes**. Add **garlic**, **thyme** and the **plain flour** and cook until fragrant, **1 minute**.
- Add **lentils**, **chicken stock pot**, **Worcestershire sauce**, the **butter (for the veg)**, **water** and **white wine vinegar**.
- Reduce heat to low and simmer until slightly reduced, **4-5 minutes**.



Serve up

- Slice duck.
- Divide potato purée, lentil ragout and baby carrots between plates.
- Top with duck breast to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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