



Roast Duck & Dauphinoise Potatoes

with Braised Cabbage, Baby Broccoli & Gravy

GOURMET PLUS

Grab your meal kit
with this number

28



Potato



Garlic



Thickened Cream



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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3240kJ (774cal)	283kJ (68cal)
Protein (g)	52.3g	4.6g
Fat, total (g)	44.1g	3.8g
- saturated (g)	21.5g	1.9g
Carbohydrate (g)	41.4g	3.6g
- sugars (g)	14.6g	1.3g
Sodium (mg)	1533mg	133.8mg
Dietary Fibre (g)	8.8g	0.8g

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 Gewurztraminer or Pinot Gris

We're here to help!

Scan here if you have any questions or concerns

2024 | CW39



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 **thickened cream**, **garlic**, the **salt** and a pinch of **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**, **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 duck.
- Divide roast duck, dauphinoise potato, braised cabbage and baby broccoli between plates.
- Serve with gravy. Enjoy!

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