

Duck Breast & Crispy Chat Potatoes

with Sweet Onion Sauce & Citrus Walnut Salad

GOURMET PLUS

Grab your meal kit
with this number

28



Chat Potatoes



Orange



Green Beans



Roast Duck
Breast



Onion Chutney



Walnuts



Spinach & Rocket
Mix



Mustard Cider
Dressing



Fetta Cubes

Prep in: 20-30 mins
Ready in: 35-45 mins

Get ready to wow with this sophisticated gourmet dinner. Succulent duck breast is topped with a delicious onion sauce and served with crispy roast potatoes. A fresh and citrusy salad rounds out this easy-to-make show stopper which will make you shine.

Pantry items

Olive Oil, Butter, Balsamic 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chat potatoes	1 medium packet	1 large packet
orange	1	2
green beans	1 medium packet	2 medium packets
roast duck breast	1 medium packet	2 medium packets
butter*	20g	40g
onion chutney	1 packet	2 packets
balsamic vinegar*	1 tsp	2 tsp
walnuts	1 medium packet	1 large packet
spinach & rocket mix	1 medium packet	2 medium packets
mustard cider dressing	1 packet	2 packets
fetta cubes	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3968kJ (948cal)	267kJ (64cal)
Protein (g)	49.4g	3.3g
Fat, total (g)	58.8g	4g
- saturated (g)	17.4g	1.2g
Carbohydrate (g)	55.2g	3.7g
- sugars (g)	24.5g	1.6g
Sodium (mg)	1048mg	70.6mg
Dietary Fibre (g)	10g	0.7g

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 potato

- Preheat oven to **240°C/220°C fan-forced**.
- Halve **chat potatoes**.
- Place **potatoes** on a lined oven tray.
- Drizzle over **olive oil** and season with **salt**. Toss to coat and roast until tender, **25-30 minutes**.

2



Get prepped

- Meanwhile, peel and thinly slice **orange** into wedges. Trim and halve **green beans**.
- Add **green beans** and a splash of **water** to a microwave-safe bowl, then cover with a damp paper towel.
- Microwave **green beans** on high until just tender, **2-4 minutes**.
- Drain **green beans** and allow to cool.

3



Cook the duck

- When the 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**. Transfer to a plate to rest.

4



Make the sauce

- Wipe out frying pan and return to medium heat with the **butter**.
- Stir in **onion chutney** and the **balsamic vinegar**, until well combined, **1-2 minutes**. Season to taste with **salt** and **pepper**.

5



Toss the salad

- In a large bowl, combine **green beans**, **orange**, **walnuts**, **spinach & rocket mix** and **mustard cider dressing**. Season to taste.

6



Serve up

- Slice duck.
- Divide crispy chat potatoes, duck breast and citrus walnut salad between plates.
- Spoon sweet onion sauce over duck. Crumble **fetta cubes** over the salad to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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