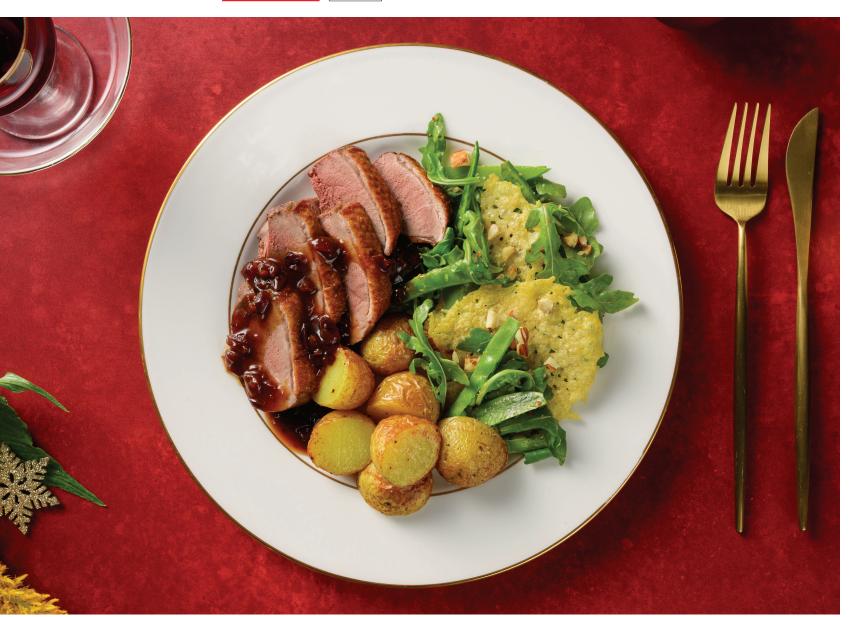


Seared Duck Breast & Cranberry Jus

with Chat Potatoes, Parmesan Crisps & Pea Pod Salad

FESTIVE MAIN

NEW



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Chat Potatoes

. . .

300



Dried Cranberries

Roasted Almonds



Parmesan Cheese

Brea

ed Wine



Rocket Leaves

d Wine Jus

Mustard Cider Dressing

Pantry items
Olive Oil

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 oven trays 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
pea pods	1 small packet	1 medium packet
dried cranberries	1 packet	2 packets
roasted almonds	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
roast duck breast	1 packet	2 packets
red wine jus	1 packet	2 packets
rocket leaves	2 small packets	4 small packets
mustard cider dressing	1 packet	2 packets

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3328kJ (588cal)	588kJ (104cal)
Protein (g)	51.1g	9g
Fat, total (g)	43.2g	7.6g
- saturated (g)	10.9g	1.9g
Carbohydrate (g)	50.6g	8.9g
- sugars (g)	17.8g	3.1g
Sodium (mg)	1053mg	186mg
Dietary Fibre (g)	9.5g	1.7g

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.



Roast the potatoes

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



Get prepped

- · Meanwhile, boil the kettle.
- Trim **pea pods** and halve lengthways.
- Roughly chop dried cranberries and roasted almonds.
- In a small heatproof bowl, place dried cranberries and cover with boiling water.
 Set aside.



Make the Parmesan crisps

- Place Parmesan cheese in even circles (2 per person) on a second lined oven tray.
- Bake until cheese is golden and crisp at edges,
 6-8 minutes (watch it doesn't burn!).

TIP: The Parmesan crisps will get crispier as they cool.



Cook the duck

- 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 and reserve some of the liquid from the tray (2 tbs for 2 people / 1/4 cup for 4 people). Using a 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 skin-side up.



Start the sauce & toss salad

- Drain cranberries.
- Return pan to medium heat. Stir in red wine jus, cranberries and reserved duck liquid until combined and heated through, 1-2 minutes.
- In a medium bowl, combine pea pods, rocket leaves, almonds and mustard cider dressing.
 Season with salt and pepper.



Serve up

- Slice duck.
- Divide seared duck breast, chat potatoes and pea pod salad between plates.
- Top salad with Parmesan crisps.
- Spoon cranberry red wine jus over the duck to serve. Enjoy!



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