

Seared Duck Breast & Cranberry Jus

with Chat Potatoes, Parmesan Crisps & Pea Pod Salad

FESTIVE MAIN

Grab your meal kit
with this number

15



Chat Potatoes



Pea Pods



Dried Cranberries



Roasted Almonds



Parmesan Cheese



Roast Duck Breast



Red Wine Jus



Rocket Leaves



Mustard Cider Dressing

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

Put your Christmas hat on and get in the spirit as you plate up these hearty chat potatoes, Parmesan crisps, a pea pod-rocket salad and seared duck breast. Watch out for the cranberry-red wine jus; it is so good, you'll definitely be making the nice list this Christmas!

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

- Boil the kettle. 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**.



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 / ¼ cup for 4 people).
- 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 skin-side up.



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 sauce & toss the 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**.



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 become crisp as they cool.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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