

# Roast Duck & Onion Chutney Sauce

with Root Veggies & Parmesan Greens

GOURMET PLUS

Grab your meal kit  
with this number

28



Sweet Potato



Beetroot



Brown Onion



Green Beans



Garlic



Roast Duck  
Breast



Onion Chutney



Rocket Leaves



Parmesan Cheese



Pine Nuts

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

Nothing says decadence quite like roast duck. Take yours to the next level with a fancy yet simple onion chutney sauce and some vibrant veggie sides for the perfect balance of flavours.

#### Pantry items

Olive Oil, Butter, 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 oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
beetroot	1	2
brown onion	1	2
green beans	1 medium packet	2 medium packets
garlic	1 clove	2 cloves
roast duck breast	1 packet	2 packets
<b>butter*</b>	40g	80g
onion chutney	1 packet	2 packets
rocket leaves	1 small packet	2 small packets
Parmesan cheese	½ medium packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle
pine nuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3570kJ (431cal)	431kJ (52cal)
Protein (g)	52.5g	6.3g
Fat, total (g)	50g	6g
- saturated (g)	20.7g	2.5g
Carbohydrate (g)	49.1g	5.9g
- sugars (g)	37.6g	4.5g
Sodium (mg)	821mg	99mg
Dietary Fibre (g)	15.6g	1.9g

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](https://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.



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato, beetroot** and **brown onion** into thin wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **20-25 minutes**.

**TIP:** If your tray is crowded, divide the veggies between two trays.



## Make the sauce

- Return frying pan to medium heat with the **butter** and cook until starting to brown, **2-3 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Remove from heat, then stir in **onion chutney** and season to taste.



## Get prepped

- While the veggies are roasting, trim **green beans**. Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans**, tossing, until tender, **4-5 minutes**. Transfer to a medium bowl, then season to taste.



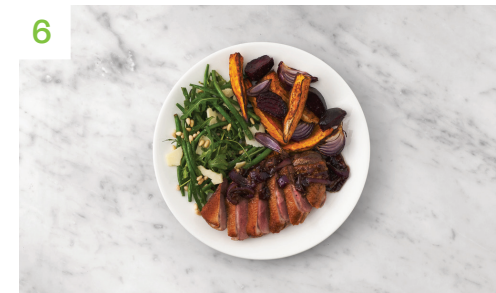
## Toss the veggies

- To the bowl with the green beans, add **rocket leaves, Parmesan cheese (see ingredients)** and a drizzle of **white wine vinegar**. Toss to combine.



## 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 a paper towel, pat **duck** skin dry, then rub with a good pinch of **salt**.
- Return frying pan to medium heat with a drizzle of **olive oil**. Cook **duck**, skin-side down, until skin is golden brown, **3-5 minutes**. Transfer to a plate to rest.



## Finish & serve

- Slice duck.
- Divide roast duck, root veggies and Parmesan greens between plates.
- Spoon the onion chutney sauce over the duck.
- Sprinkle with **pine nuts** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



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