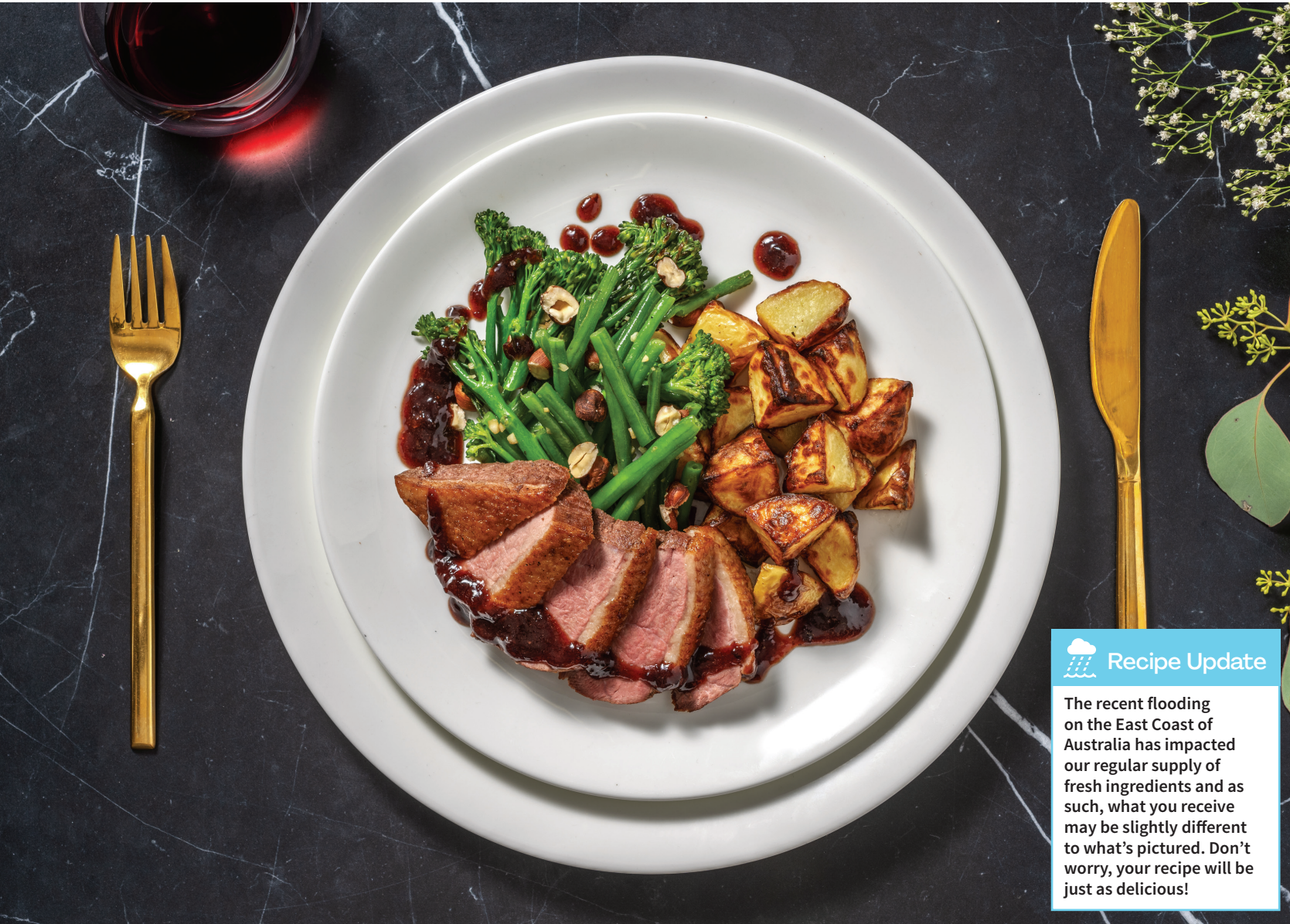


Glazed Duck & Hazelnut-Balsamic Greens

with Duck Fat Potatoes

Grab your Meal Kit with this symbol



Potato



Duck Fat



Green Beans



Baby Broccoli



Hazelnuts




Garlic



Roast Duck Breast



Sticky Meat Glaze

 **Recipe Update**

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: **30-40 mins**
 Ready in: **35-45 mins**
 **Naturally Gluten-Free**
Not suitable for coeliacs

Decadent roast duck breast mingles with a gorgeous glaze that's the perfect ratio of sweet to savoury...salivating yet? Wait till you try the duck fat potatoes, which go perfectly with the crisp, hazelnut-adorned greens in tonight's feast.

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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
potato	2	4
duck fat	1 packet	2 packets
green beans	1 small bag	1 medium bag
baby broccoli	1 bunch	2 bunches
hazelnuts	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
roast duck breast	1 packet	2 packets
balsamic vinegar*	drizzle	drizzle
sticky meat glaze	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3243kJ (775Cal)	549kJ (131Cal)
Protein (g)	47.6g	8.1g
Fat, total (g)	42g	7.1g
- saturated (g)	9.6g	1.6g
Carbohydrate (g)	48g	8.1g
- sugars (g)	16.1g	2.7g
Sodium (mg)	531mg	90mg

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 potato

Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks. Melt **duck fat** in a small bowl in the microwave. Place **potato** on a lined oven tray. Drizzle with **duck fat**, season with **salt** and toss to coat. Roast for **15 minutes**, then remove from oven.

TIP: If your oven tray is crowded, divide the potato between two trays.



Get prepped

While potato is roasting, trim **green beans** and **baby broccoli**. Roughly chop **hazelnuts**. Finely chop **garlic**.



Roast the duck

To the roast **potato** tray, add **roast duck breast**, skin-side up. Return to oven and roast until potato is tender and duck is lightly browned and heated through, **8-10 minutes**.



Cook the greens

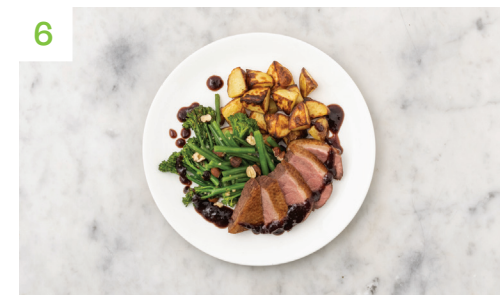
While duck and potato are roasting, heat a large frying pan with a drizzle of **olive oil** over medium-high heat. Cook **green beans** and **baby broccoli**, stirring, until tender, **5-6 minutes**. Add **garlic** and cook until fragrant, **1 minute**. Drizzle with **balsamic vinegar**, then transfer to a medium bowl. Season, then cover to keep warm.



Finish the duck & glaze

Once the duck is roasted, wipe out frying pan and return to high heat. When pan is hot, sear the **duck**, skin-side down, until skin is golden brown, **1-2 minutes**. Transfer to a plate to rest. Return pan to medium heat. Cook **sticky meat glaze** with a splash of **water**, stirring, until slightly thickened, **1-2 minutes**.

TIP: For even browning, press down on the duck in the frying pan using a spatula.



Serve up

Slice the duck. Bring everything to the table. Divide duck, balsamic greens and duck fat potatoes between plates. Pour glaze over duck. Sprinkle hazelnuts over greens to serve.

Enjoy!

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