

Glazed Duck & Hazelnut-Balsamic Greens

with Duck Fat Potatoes

Grab your Meal Kit with this symbol



Potato



Green Beans



Baby Broccoli



Hazelnuts



Garlic



Duck Fat




Roast Duck Breast



Sticky Meat Glaze

Prep in: **30-40 mins**

Ready in: **35-45 mins**

 **Naturally Gluten-Free**
Not suitable for coeliacs

Take tender roast duck breast to the next level by searing it in the pan with a subtly sweet and tangy glaze just before plating up. Complete the dish with decadent duck fat potatoes, plus nutty green beans and baby broccoli for crunch, colour and to cut through the richness.

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)	3136kJ (750Cal)	538kJ (129Cal)
Protein (g)	47.5g	8.1g
Fat, total (g)	42g	7.2g
- saturated (g)	9.6g	1.6g
Carbohydrate (g)	40.7g	7g
- sugars (g)	11.9g	2g
Sodium (mg)	726mg	124mg

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 Pinot Noir or Grenache.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW29



Roast the potato

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks.
- Place **duck fat** in a small heatproof bowl, then melt in the microwave.
- Transfer **potato** to a lined oven tray. Drizzle with **duck fat**, season with **salt** and toss to coat.
- Roast for **15 minutes**, then remove from oven (it will finish cooking in step 3!).

TIP: If your tray is getting crowded, divide the potato between two trays!



Cook the greens

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- 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.



Get prepped

- Meanwhile, trim **green beans** and **baby broccoli**.
- Roughly chop **hazelnuts**.
- Finely chop **garlic**.



Finish the glaze

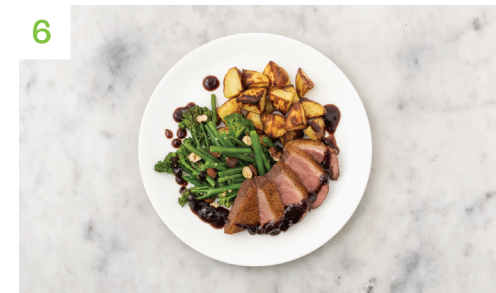
- When the duck has finished roasting, wipe out frying pan, then return to high heat.
- When pan is hot, sear **duck**, skin-side down, until skin is golden brown, **1-2 minutes**. Transfer to a plate to rest.
- Return pan to medium heat. Cook **sticky meat glaze** with a splash of **water**, stirring,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

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



Roast the duck & potato

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



Serve up

- Slice the glazed 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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