



hello@hellofresh.com.au | (02) 8188 8722

hello@hellofresh.com.au | (02) 8188 8722

WK21  
2016



## Red Duck Curry with Cherry Tomatoes & Green Beans

This curry is so luxuriously delicious - we absolutely cannot wait for you to try it. A base of classic red curry paste is enriched with indulgent duck breast and creamy coconut milk for maximum comfort food points. Cutting through all the richness are fresh cherry tomatoes, green beans, basil and lime juice. So good!



**Prep:** 10 mins

**Cook:** 25 mins

**Total:** 35 mins



level 2



lactose  
free



gluten  
free

### Pantry Items



Water



Fish Sauce



Duck Breast



Jasmine Rice



Coconut Milk



Red Curry Paste



Cherry Tomatoes



Green Beans



Basil




Lime

JOIN OUR PHOTO CONTEST




#HelloFreshAU

2P	4P	Ingredients
2 fillets	4 fillets	duck breast
¾ cup	1 ½ cups	Jasmine rice, rinsed well
3 cups	6 cups	water *
1 tbs	2 tbs	red curry paste
1 tin	2 tins	coconut milk
1 tsp	2 tsp	fish sauce *
½ punnet	1 punnet	cherry tomatoes 
100 g	200 g	green beans, cut into 3 cm lengths 
1 bunch	2 bunches	basil, leaves picked
1	2	lime, cut into wedges

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	3960	Kj
Protein	23.4	g
Fat, total	64.5	g
-saturated	31.2	g
Carbohydrate	60.5	g
-sugars	4.7	g
Sodium	828	mg



**You will need:** *chef's knife, chopping board, paper towel, sieve, medium ovenproof frying pan, plate, two medium saucepans and a wooden spoon.*

**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Heat a medium ovenproof frying pan over a medium heat. Pat the **duck breasts** dry with paper towel, lightly score the skin in a criss-cross pattern and lightly season the skin with **salt**. Place in the hot frying pan skin side down for **3-4 minutes** or until the skin is golden (you won't need any oil). Turn and cook for a further **1 minute** and then transfer the frying pan to the oven and cook for a further **8 minutes**. Transfer the duck to a plate and rest for at least **5 minutes**. Cut into 5 mm thick slices.

**3** Meanwhile, place the **Jasmine rice** and the **water** into a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes** or until the rice is soft. Drain.

**4** While the rice is cooking, heat a second medium saucepan over a medium-high heat. Add the **red curry paste** and cook for **30 seconds**, stirring, until fragrant. Add half of the **coconut milk** and stir until well combined. Cook for about **5 minutes**. Add the **fish sauce**, **cherry tomatoes**, **greens beans** and remaining coconut milk. Bring to the boil and then reduce the heat to medium-low. Simmer for **2-3 minutes** and then add the sliced duck. Stir through the **basil leaves** and the juice of half of the **lime wedges**.

**5** To serve, divide the rice between bowls and top with the delicious red duck curry. Serve with the remaining lime wedges.

**Did you know?** Red curry is a popular Thai dish.

