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## Roast Duck with Pear & Parmesan Salad

Duck loves a sweet companion and it's going to tingle your tastebuds as you bite into its crispy skin with a smooth pumpkin puree. The light, classic combination of bitter rocket, mellow pear and Parmesan cuts through the richness as well, giving you a dinner that's sure to leave you feeling fancy.



**Prep:** 10 mins

**Cook:** 30 mins

**Total:** 40 mins



level 1



nut free



gluten free

### Pantry Items



Olive Oil



Balsamic Vinegar



Pumpkin



Duck Breast



Rocket Leaves



Pear



Parmesan Cheese

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2P	4P	Ingredients
1 portion	2 portions	peeled pumpkin, chopped into 2 cm chunks
1 tbs	2 tbs	olive oil *
2 fillets	4 fillets	duck breast
½ bag	1 bag	rocket leaves, washed
½	1	pear, cored & sliced
½ block	1 block	Parmesan cheese, flaked
2 tsp	1 tbs	balsamic vinegar *

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2870	Kj
Protein	25.6	g
Fat, total	55.3	g
-saturated	16.7	g
Carbohydrate	20.5	g
-sugars	16.7	g
Sodium	226	mg



**You will need:** *chopping board, chef's knife, oven tray lined with baking paper, large bowl, potato masher or fork, ovenproof frying pan, paper towel, plate aluminium foil and medium bowl*

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

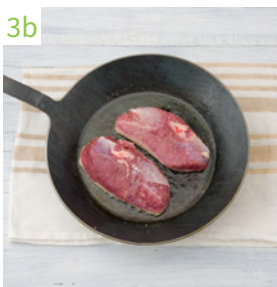
**2** Toss the **pumpkin** in half of the **olive oil** with **salt** and **pepper**. Place in a single layer on the prepared oven tray. Cook in the oven for **25 minutes** or until tender. Transfer to a bowl and mash well with a potato masher or fork. Season to taste with salt and pepper.



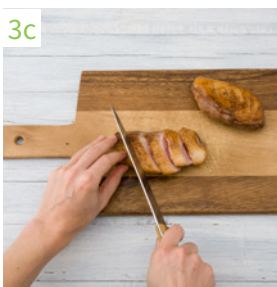
**3** Heat an ovenproof frying pan over a medium heat. Pat the **duck breast** dry with paper towel, lightly score the skin in a crisscross pattern and season the skin with salt. Place the duck in the heated frying pan skin side down for **3-4 minutes** or until the skin is golden (you don't need to add any oil). Turn and cook for a further **1 minute**. Transfer the frying pan to the oven for a further **8-10 minutes** or until cooked to your liking (duck breast can be served pink). Transfer the duck to a plate and cover with foil to rest for **5 minutes**. Slice on an angle.

**Tip:** If you don't have an ovenproof frying pan, transfer the duck to a baking dish or oven tray.

**4** Meanwhile, combine the **rocket leaves**, **pear** and **Parmesan cheese** in a medium bowl. Drizzle with the remaining olive oil and the **balsamic vinegar**.



**5** To serve, divide the pumpkin puree between plates. Top with the sliced duck breast and the rocket and pear salad.



**Did you know?** Pears were used as a natural remedy against nausea in ancient Greece.