



Roast Duck Breast & Thai Red Curry Veggies

with Jasmine Rice & Roasted Cashews

Grab your Meal Kit with this symbol



Jasmine Rice



Capsicum



Red Onion



Roast Duck Breast



Garlic



Asian Greens



Mild Thai Red Curry Paste



Coconut Milk



Roasted Cashews



Coriander

Hands-on: **20-30 mins**
 Ready in: **30-40 mins**
Naturally Gluten-Free
Not suitable for coeliacs

You'll be pleasantly surprised how easily this decadent dish comes together. The secret? A handful of hacks, including a helping hand from our mild Thai red curry paste. Don't forget the coriander garnish - it's really makes the dish sing.

Pantry items

Olive Oil, Brown Sugar, Soy Sauce (or Gluten Free Tamari Soy Sauce)

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

Medium saucepan with a lid · Oven tray lined with baking paper · Medium frying pan · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1 ¼ cups	2 ½ cups
jasmine rice	1 medium packet	1 large packet
capsicum	1	2
red onion	1	2
roast duck breast	1 packet	2 packets
garlic	2 cloves	4 cloves
Asian greens	1 bag	2 bags
mild Thai red curry paste	½ packet	1 packet
coconut milk	1 medium tin	1 large tin
brown sugar*	1 tbs	2 tbs
water* (for the curry)	¼ cup	½ cup
soy sauce* (or gluten free tamari soy sauce)	drizzle	drizzle
roasted cashews	1 medium packet	1 large packet
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4109kJ (982Cal)	603kJ (144Cal)
Protein (g)	50.3g	7.4g
Fat, total (g)	41.9g	6.1g
- saturated (g)	19.5g	2.9g
Carbohydrate (g)	94.2g	13.8g
- sugars (g)	20.9g	3.1g
Sodium (mg)	1537mg	226mg

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 Pinot Grigio.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2022 | CW09



1 Cook the rice

Preheat the oven to **240°C/220°C fan-forced**. Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the **jasmine rice**. Stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat. Keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



4 Start the curry

While the duck is cooking, finely chop the **garlic**. Roughly chop the **Asian greens**. In a large saucepan, heat a drizzle of **olive oil** over a medium-high heat. Add the **garlic** and **mild Thai red curry paste** (see ingredients) and cook until fragrant, **1 minute**. Add the **coconut milk**, **brown sugar**, the **water (for the curry)** and **reserved liquid** from the duck packet. Stir to combine and cook until slightly thickened, **2-3 minutes**.



2 Roast the veggies

While the rice is cooking, roughly chop the **capsicum**. Slice the **red onion** into thick wedges. Place the prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **15-20 minutes**.

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



5 Bring it all together

Add the **Asian greens**, a drizzle of **soy sauce** and the roasted **veggies** to the curry. Cook, stirring, until the greens are wilted, **1-2 minutes**.



3 Roast the duck

When the veggies have **10 minutes** remaining, place the **roast duck breast** (reserve the **liquid** from the packet for the curry), skin-side up on the **veggie** tray. Roast until lightly browned and heated through, **8-10 minutes**. Heat a medium frying pan over a high heat. When the pan is hot, cook the **duck**, skin-side down, until the skin is golden brown, **1-2 minutes**. Transfer to a plate to rest.

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



6 Serve up

Slice the roast duck breast. Divide the jasmine rice between bowls. Spoon over the Thai veggie red curry. Top with the duck and **roasted cashews**. Tear over the **coriander**.

Enjoy!

Rate your recipe

Scan here to rate this recipe!

