

Roast Duck & Brown Butter-Thyme Sauce

with Root Veggies & Parmesan Greens



Kent Pumpkin



Beetroot



Brown Onion



Green Beans



Thyme



Garlic



Roast Duck Breast






Rocket Leaves



Grated Parmesan Cheese



Pine Nuts

 Hands-on: **25-35 mins**
 Ready in: **40-50 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Nothing says decadence quite like roast duck. Take yours to the next level with a fancy yet simple sauce, and some vibrant veggie sides for the perfect balance of flavours.

Pantry items

Olive Oil, Butter, White Wine 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

| | 2 People | 4 People |
|------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| kent pumpkin | 1 medium | 1 large |
| beetroot | 1 | 2 |
| brown onion | 1 | 2 |
| green beans | 1 medium bag | 1 large bag |
| thyme | 1 bag | 1 bag |
| garlic | 1 clove | 2 cloves |
| roast duck breast | 1 packet | 2 packets |
| butter* | 40g | 80g |
| rocket leaves | 1 small bag | 1 medium bag |
| grated Parmesan cheese | 1 packet (30g) | 2 packets (60g) |
| white wine vinegar* | drizzle | drizzle |
| pine nuts | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3278kJ (783Cal) | 445kJ (106Cal) |
| Protein (g) | 50.2g | 6.8g |
| Fat, total (g) | 62.2g | 8.4g |
| - saturated (g) | 22.2g | 3g |
| Carbohydrate (g) | 46.8g | 6.3g |
| - sugars (g) | 25.4g | 6.3g |
| Sodium (mg) | 1688mg | 229mg |

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 Merlot.



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kent pumpkin, beetroot** and **brown onion** into thin wedges. Place on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.

TIP: Peel the pumpkin if you prefer!



Get prepped

While the veggies are roasting, trim the **green beans**. Pick the **thyme**. Finely chop the **garlic**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **green beans** and cook until tender, **4-5 minutes**. Transfer to a medium bowl, then season to taste.



Roast the duck

To a second lined oven tray, add the **roast duck breast**, skin-side up. Roast until lightly browned and heated through, **8-10 minutes**.



Finish the duck

When the duck is roasted, return the frying pan to a high heat. Once hot, cook the **duck**, skin-side down, until the skin is golden brown, **1-2 minutes**. Transfer to a plate to rest for **5 minutes**. Meanwhile, return the frying pan to a medium-high heat. Add the **butter** and cook until beginning to brown, **2-3 minutes**. Add the **garlic** and **thyme** and cook until fragrant, **1 minute**. Remove from the heat, then season to taste.



Toss the greens

To the bowl with the **green beans**, add the **rocket leaves, grated Parmesan cheese** and a drizzle of **white wine vinegar**. Toss to combine.



Serve up

Slice the roast duck. Divide the duck, root veggies and Parmesan greens between plates. Spoon the brown butter-thyme sauce over the duck. Sprinkle with **pine nuts** to serve.

Enjoy!

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