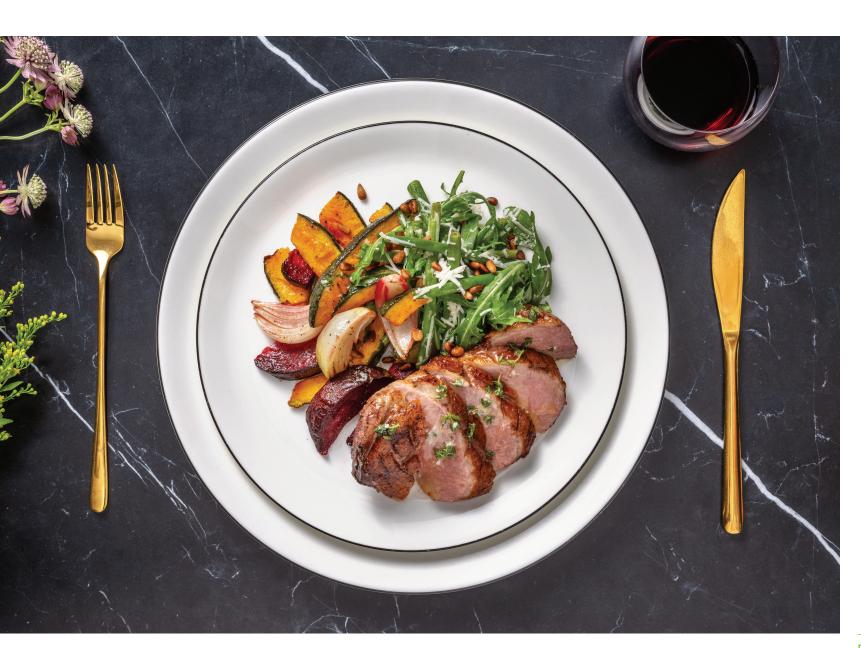


Roast Duck & Brown Butter-Thyme Sauce

with Root Veggies & Parmesan Greens









Kent Pumpkin







Brown Onion









Thyme





Breast

Grated Parmesan Cheese

Pine Nuts

Pantry items

Olive Oil, Butter, White Wine Vinegar



Not suitable for coeliacs

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

9		
	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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