



# Roast Duck & Dauphinoise Potato

with Braised Cabbage & Peppercorn Gravy

Grab your Meal Kit with this symbol



Potato



Garlic



Light Cooking Cream



Chicken-Style Stock Powder



Grated Parmesan Cheese



Roast Duck Breast



Baby Broccoli



Shredded Red Cabbage



Black Peppercorns



Gravy Granules

 Hands-on: 30-40 mins  
Ready in: 40-50 mins

Roll up your sleeves and get gourmet! From the rich roasted duck breast to the delicate dauphinoise potatoes with a hint of Parmesan, this dish is something special. Bring it all together with some crisp and vibrant veggie sides, which balance out the richness beautifully.

### Pantry items

Olive Oil, Brown Sugar, Red Wine Vinegar, Butter

## 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 · Medium baking dish · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
light cooking cream	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
roast duck breast	1 packet	2 packets
baby broccoli	1 bunch	2 bunches
shredded red cabbage	1 medium bag	1 large bag
brown sugar*	1 tbs	2 tbs
red wine vinegar*	2 tbs	¼ cup
water*	¼ cup	½ cup
black peppercorns	½ sachet	1 sachet
boiling water*	½ cup	1 cup
butter*	20g	40g
gravy granules	1 medium sachet	1 large sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3395kJ (811Cal)	521kJ (125Cal)
Protein (g)	53g	8.1g
Fat, total (g)	44.8g	6.9g
- saturated (g)	21.7g	3.3g
Carbohydrate (g)	45g	6.9g
- sugars (g)	12.7g	1.9g
Sodium (mg)	1549mg	238mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Make the Dauphinoise potato

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Cut the **potato** into 0.5cm-thick rounds. Finely chop the **garlic**. Cook the **potato** in the boiling water until just tender, **3-4 minutes**. Drain the **potato**. In a medium baking dish, combine the **light cooking cream**, **garlic**, **chicken-style stock powder** and a pinch of **salt** and **pepper**. Add the **potato** slices and arrange so they sit flat. Gently shake the dish to cover with **cream mixture**. Sprinkle with **grated Parmesan cheese** and season with **pepper**. Cover with foil, then bake on the middle shelf until potato has softened, **15 minutes**. Carefully remove foil, then bake until golden and the centre can be easily pierced with a fork, a further **10 minutes**.



## Sear the duck

Wipe out the frying pan and return to 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 for **5 minutes**.

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



## Roast the duck

While the potato is cooking, place the **roast duck breast**, skin-side up, on a lined oven tray. Roast until lightly browned and heated through, **8-10 minutes**.



## Make the peppercorn gravy

While the duck is resting, boil the kettle. Crush the **black peppercorns** (see ingredients) with a pestle and mortar, or in their sachet using a rolling pin. Return the frying pan to a medium-high heat. Add the **boiling water** (1/2 cup for 2 people / 1 cup for 4 people), the **crushed peppercorns**, **butter** and **gravy granules** and cook, whisking, until smooth and slightly thickened, **2-3 minutes**.



## Cook the veggies

While the duck is roasting, trim the **baby broccoli**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **baby broccoli** until tender, **5-6 minutes**. Season to taste. Transfer to a plate and cover to keep warm. Return the pan to a medium-high heat. Add the **shredded red cabbage**, **brown sugar**, **red wine vinegar** and the **water** and cook, stirring occasionally, until softened, **4-5 minutes**. Transfer to the plate with the **baby broccoli**. Cover to keep warm.



## Serve up

Slice the roast duck. Divide the duck, dauphinoise potato, braised cabbage and baby broccoli between plates. Spoon over the peppercorn gravy to serve.

## Enjoy!

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