



Roast Duck & Dauphinoise Potato

with Braised Cabbage & Peppercorn Gravy

Grab your Meal Kit with this symbol



Potato



Garlic



Chicken-Style Stock Powder



Baby Broccoli



Black Peppercorns



Gravy Granules



Light Cooking Cream



Grated Parmesan Cheese



Roast Duck Breast



Slaw Mix

Prep in: 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 sharp 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

Large saucepan · Medium or large 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
slaw mix	1 small 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
gravy granules	1 medium packet	1 large packet
boiling water*	½ cup	1 cup
butter*	20g	40g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3362kJ (804Cal)	516kJ (123Cal)
Protein (g)	53g	8.1g
Fat, total (g)	44.7g	6.9g
- saturated (g)	21.7g	3.3g
Carbohydrate (g)	43.5g	6.7g
- sugars (g)	13.5g	2.1g
Sodium (mg)	1550mg	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 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 Malbec.

We're here to help!

Scan here if you have any questions or concerns



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Make the Dauphinoise potato

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle. Half-fill a large saucepan with the boiling water. Cut **potato** into 0.5cm-thick rounds. Finely chop **garlic**.
- Cook **potato** in the boiling water, over high heat, until just tender, **4-6 minutes**. Drain **potato**, then return to saucepan. In a small bowl, combine **light cooking cream, garlic, chicken-style stock powder** and a pinch of **salt and pepper**.
- In a baking dish, arrange **potato slices** so they sit flat. Pour over **cream mixture**, then gently shake the dish to coat **potato**. Sprinkle with **grated Parmesan cheese**. Cover with foil. Bake until **potato** has softened, **14-16 minutes**.
- Remove foil, then return **potato** to oven. Bake until golden and the centre can be easily pierced with a fork, **10-12 minutes**.



Sear the duck

- Wipe out the frying pan and return to medium-low heat with a drizzle of **olive oil**.
- When the pan is hot, cook **roasted duck**, skin-side down, until the skin is golden brown, **6-8 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

- Meanwhile, pat **roast duck breast** dry with paper towel. Lightly score the skin, then rub with a good pinch of **salt**.
- Place **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 **black peppercorns** (see ingredients) with a pestle and mortar, or in their sachet using a rolling pin.
- In a medium heatproof bowl, combine **gravy granules, the boiling water** (1/2 cup for 2 people / 1 cup for 4 people), crushed **peppercorns** and the **butter**, whisking, until smooth, **1 minute**.



Cook the veggies

- Meanwhile, trim **baby broccoli**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby broccoli**, tossing, until tender, **5-6 minutes**. Season to taste. Transfer to a plate and cover to keep warm.
- Return pan to a medium-high heat. Cook **slaw mix, the brown sugar, the red wine vinegar** and the **water**, stirring occasionally, until softened, **4-5 minutes**. Transfer to a bowl. Cover to keep warm.



Serve up

- Slice the roast duck.
- Divide duck, dauphinoise potato, braised cabbage and baby broccoli between plates.
- Serve with peppercorn gravy. Enjoy!

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