



# Roasted Duck a L'Orange

with Garlic Greens & Duck Fat Potatoes

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Silverbeet



Garlic



Orange



Rosemary



Duck Fat



Roast Duck Breast



Caramelised Onion Chutney



Vegetable Stock Powder

Hands-on: **30-40 mins**  
 Ready in: **40-50 mins**  
 Naturally Gluten-Free  
*Not suitable for coeliacs*

This elegant recipe goes to show that you don't need to be daunted by duck! Simply roast it alongside the potatoes, and finish it in the pan until golden. Top with a zesty orange and caramelised onion glaze, which cuts the richness beautifully.

### Pantry items

Olive Oil, 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

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
baby broccoli	1 bunch	2 bunches
silverbeet	1 medium bag	1 large bag
garlic	3 cloves	6 cloves
orange	½	1
rosemary	1 stick	2 sticks
duck fat	1 packet	2 packets
roast duck breast	1 packet	2 packets
caramelised onion chutney	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
red wine vinegar*	2 tsp	4 tsp
butter*	20g	40g

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3386kJ (809Cal)	471kJ (113Cal)
Protein (g)	47.3g	6.6g
Fat, total (g)	42.9g	6g
- saturated (g)	14.5g	2g
Carbohydrate (g)	54.5g	7.6g
- sugars (g)	21.9g	3g
Sodium (mg)	1137mg	158mg

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.

## Fancy a drop?

We recommend pairing this meal with Riesling or Chardonnay.



## Get prepped

Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks. Trim **baby broccoli** and halve lengthways. Roughly chop **silverbeet**. Finely chop **garlic**. Zest **orange** (see ingredients) to get a pinch, then juice the whole **orange**. Pick **rosemary** leaves and finely chop.

**TIP:** Cut the potato to the correct size so it cooks in the allocated time!



## Cook the garlic greens

While duck is roasting, heat a large frying pan over medium-high heat. Cook **baby broccoli** with a dash of water, tossing, until just tender, **3-4 minutes**. Add **silverbeet** and cook until just wilted, **1-2 minutes**. Add 1/2 the **garlic** and cook until fragrant, **30 seconds**. Transfer to a bowl and cover to keep warm.



## Roast the potatoes

In a microwave-safe bowl, microwave **duck fat** until melted. Place **potato** on a lined oven tray. Drizzle with melted **duck fat**, season with **salt** and toss to coat. Roast until almost tender, **15 minutes**.

**TIP:** If your oven tray is crowded, spread the potatoes across two trays.



## Make the glaze

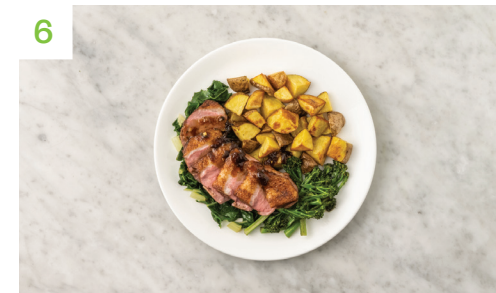
While duck is resting, combine **caramelised onion chutney**, **vegetable stock powder**, **orange zest**, **orange juice** and the **red wine vinegar** in a bowl. Return frying pan to medium heat with a drizzle of **olive oil**. Cook **rosemary** and remaining **garlic** until fragrant, **30 seconds**. Add **orange juice mixture** and simmer until thickened, **1-2 minutes**. Remove pan from heat, then stir through the **butter**.



## Cook the duck

To the tray with the almost tender **potatoes**, add the **roast duck breast**, skin-side up. Roast until **duck** and **potatoes** are browned, **8-10 minutes**. Heat a large frying pan over high heat. Once hot, sear 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 with a spatula.



## Serve up

Slice the duck. Divide duck, garlic greens and duck fat potatoes between plates. Spoon orange glaze over duck to serve.

## Enjoy!

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