

Sweet & Sour Duck

with Ginger Rice & Sesame Veggies

Grab your Meal Kit with this symbol



Jasmine Rice



Baby Broccoli



Capsicum



Garlic



Mixed Sesame Seeds



Long Chilli (Optional)



Crispy Shallots



Ginger Paste



Roast Duck Breast



Sweet & Sour Sauce

Prep in: **20-30 mins**
Ready in: **30-40 mins**

Pair rich roasted duck breast with a sweet and sour sauce and you have yourself a dinner that feels a bit fancy. Serve this delightful dish over fragrant and zingy ginger rice, perfect for balancing out the richness.

Pantry items

Olive Oil, Butter, Soy Sauce

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 with a lid · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
ginger paste	½ medium packet	1 medium packet
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
roast duck breast	1 packet	2 packets
baby broccoli	1 bunch	2 bunches
capsicum	1	2
garlic	2 cloves	4 cloves
mixed sesame seeds	½ medium packet	1 medium packet
soy sauce*	1 tsp	2 tsp
sweet & sour sauce	1 medium packet	2 medium packets
long chilli  (optional)	½	1
crispy shallots	1 medium packet	1 large packet

*Pantry items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3679kJ (879Cal)	695kJ (166Cal)
Protein (g)	48.4g	9.1g
Fat, total (g)	38.3g	7.2g
- saturated (g)	13.7g	2.6g
Carbohydrate (g)	89.3g	16.9g
- sugars (g)	18.4g	3.5g
Sodium (mg)	1352mg	255mg

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.



Cook the ginger rice

- Preheat oven to **240°C/220°C fan-forced**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **ginger paste** (see ingredients), stirring, until fragrant, **1-2 minutes**.
- Add the **water** and a good pinch of **salt**, then bring to the boil.
- Add **jasmine rice**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Roast the duck & get prepped

- While the rice is cooking, place **roast duck breast**, skin-side up, on a lined oven tray. Roast until lightly browned and heated through, **8-10 minutes**.
- Meanwhile, trim **baby broccoli**, then halve any thick stems lengthways. Thinly slice **capsicum**. Finely chop **garlic**.



Finish the duck

- When the duck is roasted, heat a large frying pan over high heat.
- When the pan is hot, cook **duck**, skin-side down, until 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.



Cook the veggies

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **baby broccoli** and **capsicum**, tossing, until tender, **5-6 minutes**.
- Add **garlic**, **mixed sesame seeds** (see ingredients) and the **soy sauce** and cook until fragrant, **1 minute**.
- Transfer to a bowl. Season to taste. Cover to keep warm.



Heat the sauce

- Return frying pan to medium heat.
- Add **sweet & sour sauce** and a splash of **water**. Cook, stirring, until heated through and bubbling, **30 seconds**.



Serve up

- Thinly slice **long chilli** (if using). Slice the duck.
- Divide ginger rice between plates. Top with sesame veggies and duck. Pour over sweet and sour sauce.
- Garnish with chilli and **crispy shallots**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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