



# Roast Duck & Truffle-Parmesan Mash

with Almond Greens & Caramelised Onion Sauce

GOURMET PLUS

Grab your Meal Kit with this symbol



Potato



Parmesan Cheese



Italian Truffle Mayonnaise



Baby Broccoli



Green Beans



Roasted Almonds



Garlic



Brown Onion



Roast Duck Breast



Onion Chutney

Prep in: 25-35 mins  
Ready in: 30-40 mins

Spice up your Sunday roast with decadent duck breast and all the trimmings: from the creamy truffle-infused mash to the almond-adorned greens and a sweet and savoury caramelised onion sauce, everyone will want seconds.

### Pantry items

Olive Oil, Butter, Milk

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	20g	40g
<b>milk*</b>	2 tbs	¼ cup
<b>salt*</b>	¼ tsp	½ tsp
Parmesan cheese	1 medium packet	1 large packet
Italian truffle mayonnaise	1 packet	2 packets
baby broccoli	1 bunch	2 bunches
green beans	1 small packet	1 medium packet
roasted almonds	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
brown onion	1	2
roast duck breast	1 packet	2 packets
onion chutney	1 medium packet	2 medium packets
<b>water*</b>	3 tbs	6 tbs

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3909kJ (934Cal)	551kJ (131Cal)
Protein (g)	52.9g	7.5g
Fat, total (g)	62.3g	8.8g
- saturated (g)	16.1g	2.3g
Carbohydrate (g)	40.7g	5.7g
- sugars (g)	19.5g	2.7g
Sodium (mg)	1071mg	151mg
Dietary Fibre (g)	14.3g	2.1g

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 Pinot Gris or Shiraz

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## Make the mash

- Preheat oven to **240°C/220°C fan forced**. Bring a medium saucepan of salted water to the boil.
- Peel **potato** and cut into large chunks. Cook in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** and **milk** to potato. Season generously with **salt**. Mash until smooth.
- Stir through **Parmesan cheese** and **Italian truffle mayonnaise**. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!

**TIP:** Truffle has a strong flavour - add less if desired.

4



## Cook the greens

- While the duck is resting, wash out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli, green beans** and **onion**, tossing, until softened, **4-5 minutes**.
- Add **garlic** and **almonds** and cook until fragrant, **1-2 minutes**. Season with **salt** and **pepper**. Set aside and cover to keep warm.

2



## Get prepped

- While the potato is cooking, slice **baby broccoli** in half lengthways.
- Trim **green beans**.
- Roughly chop **roasted almonds**.
- Finely chop **garlic**.
- Thinly slice **brown onion**.
- Pat **roast duck breast** dry with paper towel. Lightly score the skin, then rub with a good pinch of **salt**.

5



## Make the sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Add **onion chutney** and the **water**. Season, then cook, stirring, until slightly reduced, **1 minute**. Remove from the heat.

3



## Cook the duck

- On a lined oven tray, place **roast duck breast**, skin-side up. Roast until lightly browned and heated through, **6-7 minutes**.
- Remove from the oven, then heat a drizzle of **olive oil** in a large frying pan over medium-low heat. Once hot, transfer the **roasted duck** to the pan, skin-side down. Cook 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.

6



## Serve up

- Slice the roast duck.
- Divide the duck, truffle-Parmesan mash and almond greens between plates.
- Spoon the caramelised onion sauce over the duck to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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