

Duck Breast & Crispy Chat Potatoes

with Orange & Fetta-Walnut Salad

GOURMET PLUS

Grab your meal kit
with this number

28



Chat Potatoes



Duck Fat



Orange



Green Beans



Roast Duck
Breast



Onion Chutney



Walnuts



Rocket Leaves



Mustard Cider
Dressing



Fetta Cubes

Prep in: 20-30 mins
Ready in: 35-45 mins

Get ready to wow with this sophisticated gourmet dinner. Succulent duck breast is topped with a delicious onion sauce and served with crispy roast potatoes - you can thank the duck fat for the extra crunch! A fresh and citrusy salad rounds out this easy-to-make show stopper which will make you shine.

Pantry items

Olive Oil, Butter, Balsamic Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

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
chat potatoes	1 medium packet	1 large packet
duck fat	1 packet	2 packets
orange	1	2
green beans	1 medium packet	2 medium packets
roast duck breast	1 medium packet	2 medium packets
butter*	20g	40g
onion chutney	1 packet	2 packets
balsamic vinegar*	1 tsp	2 tsp
walnuts	1 medium packet	1 large packet
rocket leaves	½ medium packet	1 medium packet
mustard cider dressing	1 packet	2 packets
fetta cubes	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3968kJ (948cal)	267kJ (64cal)
Protein (g)	49.4g	3.3g
Fat, total (g)	58.8g	4g
- saturated (g)	17.4g	1.2g
Carbohydrate (g)	55.2g	3.7g
- sugars (g)	24.5g	1.6g
Sodium (mg)	1048mg	70.6mg
Dietary Fibre (g)	10g	0.7g

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 Gewurztraminer or Pinot Gris.

1



Roast the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Halve **chat potatoes**.
- In a small heatproof bowl, microwave **duck fat**, until melted, **30 seconds**.
- Place **potatoes** on a lined oven tray. Drizzle over **duck fat** and season with **salt**. Toss to coat and roast until tender, **25-30 minutes**.

4



Make the sauce

- Wipe out frying pan and return to medium heat with the **butter**.
- Stir in **onion chutney** and the **balsamic vinegar**, until well combined, **1-2 minutes**. Season with **salt** and **pepper** to taste.

2



Get prepped

- Meanwhile, peel and thinly slice **orange** into wedges.
- Trim and halve **green beans**.
- In a medium heatproof bowl, add **green beans** and a splash of **water**, then cover with a damp paper towel
- Microwave **green beans** on high, until just tender, **2-4 minutes**.
- Drain **green beans** and allow to cool.

5



Toss the salad

- In a large bowl, combine **green beans, orange, walnuts, rocket leaves (see ingredients)** and **mustard cider dressing**. Season to taste.

3



Cook the duck

- When the potatoes have **10 minutes** remaining, remove label from the **roast duck breast** tray (do not peel or puncture the plastic film).
- Microwave on high for **3 minutes**. Carefully remove plastic film. Using paper towel, pat **duck skin** dry, then rub with a good pinch of **salt**.
- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **duck**, skin-side down, until skin is golden brown, **3-5 minutes**. Transfer to a plate to rest.

6



Serve up

- Slice duck.
- Divide crispy chat potatoes, duck breast and orange and walnut salad between plates.
- Spoon onion sauce over duck.
- Crumble **fetta cubes** over salad to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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