



# Seared Duck Breast & Cranberry Jus

with Chat Potatoes, Parmesan Crisps & Pea Pod Salad

FESTIVE MAIN

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15



Chat Potatoes



Pea Pods



Dried Cranberries



Roasted Almonds



Parmesan Cheese



Roast Duck Breast



Red Wine Jus



Rocket Leaves



Mustard Cider Dressing

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

Put your Christmas hat on and get in the spirit as you plate up these hearty chat potatoes, Parmesan crisps, a pea pod-rocket salad and seared duck breast. Watch out for the cranberry-red wine jus; it is so good, you'll definitely be making the nice list this Christmas!

### Pantry items

Olive Oil



## 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
chat potatoes	1 medium packet	1 large packet
pea pods	1 small packet	1 medium packet
dried cranberries	1 packet	2 packets
roasted almonds	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
roast duck breast	1 packet	2 packets
red wine jus	1 packet	2 packets
rocket leaves	2 small packets	4 small packets
mustard cider dressing	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3328kJ (588cal)	588kJ (104cal)
Protein (g)	51.1g	9g
Fat, total (g)	43.2g	7.6g
- saturated (g)	10.9g	1.9g
Carbohydrate (g)	50.6g	8.9g
- sugars (g)	17.8g	3.1g
Sodium (mg)	1053mg	186mg
Dietary Fibre (g)	9.5g	1.7g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Halve **chat potatoes**.
- Place **potatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**.



## Cook the duck

- 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 and reserve some of the liquid from the tray (2 tbs for 2 people / ¼ cup for 4 people). Using a 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 skin-side up.



## Get prepped

- Meanwhile, boil the kettle.
- Trim **pea pods** and halve lengthways.
- Roughly chop **dried cranberries** and **roasted almonds**.
- In a small heatproof bowl, place **dried cranberries** and cover with boiling water. Set aside.



## Start the sauce & toss salad

- Drain **cranberries**.
- Return pan to medium heat. Stir in **red wine jus**, **cranberries** and **reserved duck liquid** until combined and heated through, **1-2 minutes**.
- In a medium bowl, combine **pea pods**, **rocket leaves**, **almonds** and **mustard cider dressing**. Season with **salt** and **pepper**.



## Make the Parmesan crisps

- Place **Parmesan cheese** in even circles (2 per person) on a second lined oven tray.
- Bake until cheese is golden and crisp at edges, **6-8 minutes** (watch it doesn't burn!).

**TIP:** The Parmesan crisps will get crispier as they cool.



## Serve up

- Slice duck.
- Divide seared duck breast, chat potatoes and pea pod salad between plates.
- Top salad with Parmesan crisps.
- Spoon cranberry red wine jus over the duck to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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