



Roast Duck Breast & Thai Red Curry Veggies

with Jasmine Rice & Roasted Cashews

Grab your Meal Kit
with this symbol



Jasmine Rice



Capsicum



Onion



Roast Duck Breast



Garlic



Asian Greens



Mild Thai Red Curry Paste



Coconut Milk



Roasted Cashews



Herbs

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Naturally Gluten-Free
Not suitable for coeliacs

You'll be pleasantly surprised how easily this decadent dish comes together. The secret? A handful of hacks, including a helping hand from our mild Thai red curry paste. Don't forget the coriander garnish - it really makes the dish sing.

Pantry items

Olive Oil, Brown Sugar, Soy Sauce (or Gluten-Free Tamari 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 · Medium frying pan · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
capsicum	1	2
onion	1	2
roast duck breast	1 packet	2 packets
garlic	2 cloves	4 cloves
Asian greens	1 bag	2 bags
mild Thai red curry paste	½ packet	1 packet
coconut milk	1 medium tin	1 large tin
brown sugar*	1 tbs	2 tbs
water* (for the curry)	¼ cup	½ cup
soy sauce* (or gluten free tamari soy sauce)	1 tsp	2 tsp
roasted cashews	1 medium packet	1 large packet
herbs	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4109kJ (982Cal)	603kJ (144Cal)
Protein (g)	50.3g	7.4g
Fat, total (g)	41.9g	6.1g
- saturated (g)	19.5g	2.9g
Carbohydrate (g)	94.2g	13.8g
- sugars (g)	20.9g	3.1g
Sodium (mg)	1537mg	226mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1



Cook the rice

Preheat oven to **240°C/220°C fan-forced**. Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add **jasmine rice**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove pan from heat. Keep covered until rice is tender and the water is absorbed, **10-15 minutes**.

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

4



Start the curry

SPICY! The *curry paste* is mild, but use less if you're sensitive to heat. While the duck is roasting, finely chop **garlic**. Roughly chop **Asian greens**. In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Add **garlic** and **mild Thai red curry paste** (see ingredients) and cook until fragrant, **1 minute**. Add **coconut milk**, the **brown sugar**, **water (for the curry)** and **reserved liquid** from the duck packet. Stir to combine and cook until slightly thickened, **2-3 minutes**.

2



Roast the veggies

While the rice is cooking, roughly chop **capsicum**. Slice **onion** into thick wedges. Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **15-20 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

5



Finish the curry

Add **Asian greens**, the **soy sauce** and roasted **veggies** and cook, stirring, until greens are wilted, **1-2 minutes**.

3

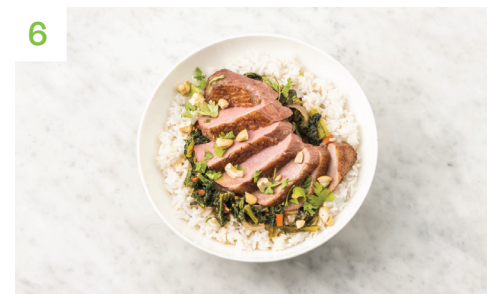


Roast the duck

When veggies have **10 minutes** remaining, place **roast duck breast** (reserve liquid from the packet for the curry), skin-side up on the roast veggie tray. Roast until lightly browned and heated through, **8-10 minutes**. Heat a medium frying pan over high heat. When pan is hot, sear **duck**, skin-side down, until skin is golden brown, **1-2 minutes**. Transfer to a plate to rest.

TIP: For even browning, press down on the duck in the frying pan using a spatula.

6



Serve up

Slice roast duck breast. Divide jasmine rice between bowls. Spoon over the Thai red curry veggies. Top with duck and **roasted cashews**. Tear over **herbs** to serve.

Enjoy!

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