

Roast Duck & Chive-Parmesan Mash

with Hazelnut Greens



Potato



Chives



Grated Parmesan Cheese



Baby Broccoli



Green Beans



Hazelnuts



Garlic





Red Onion



Roast Duck Breast



Caramelised Onion Chutney

 Hands-on: **25-35 mins**
 Ready in: **30-40 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

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

Pantry items

Olive Oil, Butter, Milk

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 · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
chives	1 bag	1 bag
butter*	20g	40g
milk*	2 tbs	¼ cup
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
baby broccoli	1 bunch	2 bunches
green beans	1 small bag	1 medium bag
hazelnuts	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
red onion	1	2
roast duck breast	1 packet	2 packets
caramelised onion chutney	1 packet	2 packets
water*	3 tbs	6 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3512kJ (839Cal)	509kJ (122Cal)
Protein (g)	54g	7.8g
Fat, total (g)	45.7g	6.6g
- saturated (g)	15.3g	2.2g
Carbohydrate (g)	48.1g	7g
- sugars (g)	17.1g	7g
Sodium (mg)	803mg	116mg

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 a Pinot Noir or Tempranillo.



Make the mash

Preheat the oven to **240°C/220°C fan forced**. Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into large chunks. Roughly chop the **chives**. Cook the **potato** 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 the **potato**. Season generously with **salt**. Mash until smooth. Stir through the **grated Parmesan cheese** and **chives**. Cover to keep warm.

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



Cook the greens

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



Get prepped

While the potato is cooking, slice the **baby broccoli** in half lengthways. Trim the **green beans**. Roughly chop the **hazelnuts**. Finely chop the **garlic**. Thinly slice the **red onion**.



Make the sauce

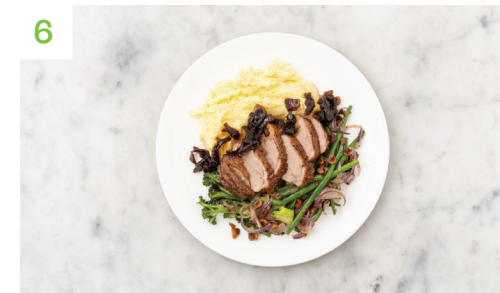
Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **caramelised onion chutney** and the **water**. Season, then cook, stirring, until slightly reduced, **1 minute**. Remove from the heat.



Cook the duck

On a lined oven tray, place the **roast duck breast**, skin-side up. Roast until lightly browned and heated through, **8-10 minutes**. Remove from the oven. Heat a large frying pan over a high heat. Once hot, transfer the **duck** to the pan, skin-side down. Cook until the 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.



Serve up

Slice the roast duck. Divide the duck, chive-Parmesan mash and hazelnut greens between plates. Spoon the caramelised onion sauce over the duck to serve.

Enjoy!

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