



# Duck with Orange Sauce and Gremolata

with mash and roasted carrots

40 – 45 mins

13



Irish Duck Breast



Carrot



Potatoes



Orange



Parsley



Shallot



Almonds

Pantry Items: Sugar, Butter, Milk (Optional), Salt, Pepper, Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

## Cooking tools you will need

Baking sheet with baking paper, colander, oven dish, peeler, pot with lid, potato masher, zester

## Ingredients

	2P	4P
Irish Duck Breast	350 g	700 g
Carrot	2 units	4 units
Potatoes	600 g	1200 g
Orange	1 unit	2 units
Parsley	5 g	10 g
Shallot	1 unit	2 units
Almonds	15 g	30 g

## Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	594 kJ/ 142 kcal
Fat (g)	10.7 g
Sat. Fat (g)	2.6 g
Carbohydrate (g)	11 g
Sugars (g)	3.4 g
Protein (g)	3.8 g
Salt (g)	0.1 g

See site or app for detailed nutritional info.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

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## Roast the carrots

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.
- Pop the **carrots** onto a large (lined) baking tray.
- Toss with **salt**, **pepper** and a drizzle of **oil**. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until tender, 20-25 mins. Turn the tray halfway through.



## Prep the Gremolata

- Zest and juice the **orange**.
- Finely chop the **almonds**.
- To make the gremolata, mix the remaining **parsley**, **almonds** and ½ tsp **orange** zest (per 2P) in a bowl.
- Halve, peel and chop the **shallot** into small pieces.

**TIP:** Add less zest if you want a less intense orange flavour.



## Cook the Duck

- Score the **duck** skin with a knife. Place in a cold pan, skin-side down. **IMPORTANT:** Wash hands and equipment after handling raw meat. Duck is cooked when browned on the outside.
- Turn the heat to medium-high. Sear the **duck** until the skin has a nice golden brown colour, 10-15 mins. Turn and cook for 2-3 mins.
- Reserve the pan to use later (keep 1 tbsp of **duck** fat per 2P in the pan).
- Pop the **duck** into an oven dish and cook for 12-15 mins.



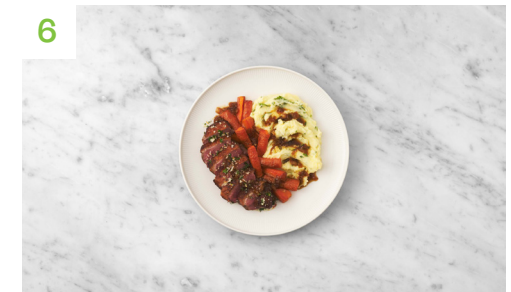
## Simmer the Sauce

- Place the pan with **duck** fat over medium-high heat.
- Add the **shallot** and fry until softened, stirring occasionally, 3-4 mins.
- Lower the heat to medium.
- Add ½ tsp **sugar** (per 2P), **orange** juice and a splash of **water**. Cook until the sauce slightly reduces and becomes glossy, 1-2 mins. Season to taste with **salt** and **pepper**.
- Allow the **duck** to rest for 1-2 mins before slicing.



## Make the Mash

- Peel and chop the **potatoes** into 2cm chunks. Finely chop the **parsley** (stalks and all).
- Put them in a pot, add **salt** to taste, and pour enough **water** to cover the **potatoes**.
- Bring to the boil and cook until fork tender, 12-18 mins.
- Once cooked, drain in a colander and return to the pot, off the heat.
- Add a knob of **butter**, **half** the **parsley** and a splash of **milk** or cooking **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



## Finish and Serve

- Slice the **duck breasts** and divide between plates.
- Serve with mash and roasted **carrots**.
- Drizzle over the **orange** sauce, then sprinkle the gremolata over the **duck**.

Enjoy !