



Duck Breast in Balsamic Cranberry Sauce

with roast potatoes and garlic kale

40 – 45 mins

13



Irish Duck Breast



Potatoes



Cranberry Chutney



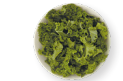
Balsamic Vinegar



Red Wine Jus



Garlic



Kale

Pantry Items: Oil, Salt, Pepper, Water



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2025-W04

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, grater, pan with lid

Ingredients

	2P	4P
Irish Duck Breast	350 g	700 g
Potatoes	600 g	1200 g
Cranberry Chutney	1 sachet	2 sachets
Balsamic Vinegar	1 sachet	2 sachets
Red Wine Jus	1 sachet	2 sachets
Garlic	2 units	4 units
Kale	80 g	160 g

Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	726.4 kJ/ 173.6 kcal
Fat (g)	12.5 g
Sat. Fat (g)	3.4 g
Carbohydrate (g)	11.6 g
Sugars (g)	1.8 g
Protein (g)	4.7 g
Salt (g)	0.2 g

See site or app for detailed nutritional info.

Allergens

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

Contact

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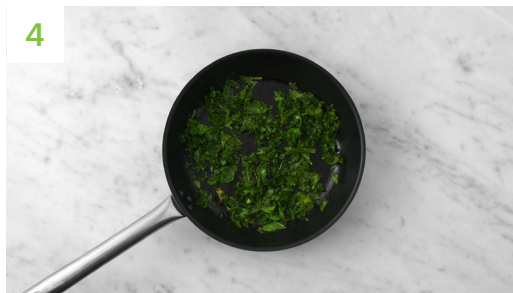
You can recycle me!



Prep the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Pop the chunks onto a large (lined) baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn the tray halfway through.

TIP: Use two baking trays if necessary.



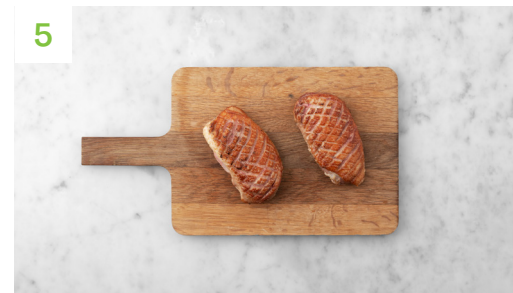
Kale Time

- Meanwhile, peel and grate the **garlic** (or use a garlic press). Strip the **kale** from its stalks.
- Wipe out the (now empty) **duck** pan and place over high heat with a drizzle of **oil**.
- Add the **kale** and a splash of **water**. Cover and cook until wilted, 3-4 mins. Remove the lid, then add the **garlic** and fry for 1 min more.
- Season to taste with **salt** and **pepper**.
- Set aside and cover to keep warm.



Cook the Duck

- Score the skin of the **duck** with a knife. Place on cold pan skin-side down. **IMPORTANT:** Wash hands and equipment after handling raw duck and its packaging. Duck is cooked when browned on the outside.
- Turn the heat to medium-high and sear the **duck** until the skin has got a nice golden brown colour, 10-15 mins.
- Turn the **breasts** and cook for another 2-3 mins.
- Reserve the fat to use later. Pop onto a baking tray and cook in the oven for 12-15 mins.



Rest and Slice

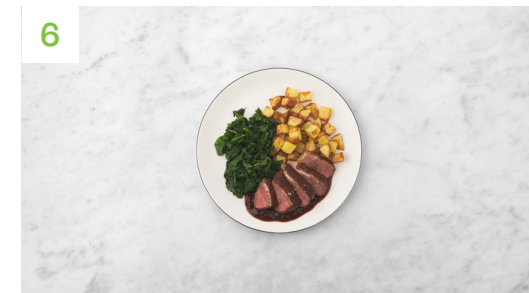
- Once the **duck** is cooked, transfer to a plate and rest for 5 mins.
- When everything's almost ready, pour any resting juices from the **duck** into your sauce and gently reheat until piping hot.
- Once the **duck** has rested, cut widthways into 1cm thick slices.



Make the Cranberry Sauce

- While everything roasts, place a pot over medium heat with the **cranberry chutney** and **balsamic vinegar**.
- Stir together until combined and bubbling, 2-3 mins.
- Stir in the **red wine jus** then simmer until glossy and thickened, 4-5 mins.
- Remove from the heat and set aside for later.

TIP: Add a splash of water to loosen the sauce if necessary.



Serve Up

- Plate up your **duck breast** with the roast **potatoes** and **kale** alongside.
- Spoon the balsamic **cranberry** sauce over the **duck** to finish.

Enjoy!