



Hoisin-Glazed Duck Breast

with Ginger-Garlic Rice & Crispy Shallots

Grab your Meal Kit
with this symbol



Garlic



Ginger



Basmati Rice



Duck Breast



Baby Broccoli






Hoisin Sauce



Long Green Chilli
(Optional)



Crispy Shallots

 Hands-on: **20-30 mins**
 Ready in: **35-45 mins**
 Spicy (optional long green chilli)

Elegant and impressive yet without all the fuss! Beautifully glazed duck breast with baby broccoli and aromatic ginger-garlic rice make for a fantastic special occasion dinner that's sure to make jaws drop the moment you serve up.

Pantry items

Olive Oil, Butter, Honey, Rice Wine Vinegar

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 · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
butter*	20g	40g
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
basmati rice	1 packet	1 packet
duck breast	1 packet	2 packets
baby broccoli	1 bag	2 bags
hoisin sauce	1 packet (75g)	2 packets (150g)
honey*	1 tsp	2 tsp
rice wine vinegar*	1 tsp	2 tsp
water* (for the sauce)	¼ cup	½ cup
long green chilli (optional)	½	1
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4020kJ (961Cal)	949kJ (227Cal)
Protein (g)	34.2g	8.1g
Fat, total (g)	66.5g	15.7g
- saturated (g)	20.6g	4.9g
Carbohydrate (g)	87.7g	20.7g
- sugars (g)	14.8g	3.5g
Sodium (mg)	1056mg	249mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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 Pinot Noir or Shiraz



Cook the ginger-garlic rice

Preheat the oven to **220°C/200°C fan-forced**. Finely grate the **garlic** and **ginger**. In a medium saucepan, melt the **butter** and a dash of **olive oil** over a medium heat. Cook the **garlic** and **ginger** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and the **salt** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10 minutes**.

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



Cook the baby broccoli

When the duck has **5 minutes** roast time remaining, discard any excess duck fat in the frying pan and return to a medium-high heat. Cook the **baby broccoli** until just tender, **4-5 minutes**. Season with **pepper**, then transfer to a bowl.



Cook the duck

While the rice is cooking, heat a large frying pan over a medium heat. Season both sides of the **duck breast** with **salt**, then place, skin-side down, in the hot pan. Cook until the skin is crisp, **12 minutes**. Increase the heat to high and turn to sear the flesh on all sides until browned, **1 minute**. Transfer to a lined oven tray and roast the **duck** until cooked through, **10-12 minutes**. Transfer to a plate to rest for **5 minutes**.



Heat the hoisin glaze

While the duck is resting, combine the **hoisin sauce**, **honey**, **rice wine vinegar** and **water (for the sauce)** in a small bowl. Return the frying pan to a medium heat. Cook the **hoisin sauce mixture**, stirring, until heated through and slightly thickened, **1-2 minutes**. Season to taste.



Prep the baby broccoli

While the duck is cooking, trim and halve the **baby broccoli** lengthways.



Serve up

Thinly slice the **long green chilli** (if using). Slice the duck breast. Divide the ginger-garlic rice between plates. Top with the duck and baby broccoli, then spoon the hoisin glaze over the duck. Garnish with the **crispy shallots** and chilli to serve.

Enjoy!