Are you one of those people who only think of duck as a 'dining out' option and would never consider cooking it at home? Well, we’re here to change your mind! The crucial thing is to melt the fat so the skin gets crispy. It’s called ‘rendering’ which sounds very technical and cheffy, but it’s easily done in a frying pan.
1 PREP THE VEGGIES
Preheat your oven to 180°C and take the duck out of the fridge so it can come to room temperature. Finely chop the red chilli. Peel the carrot, remove the top and bottom and chop into roughly ½cm cubes. Peel, quarter and core the apple, then chop into 1cm cubes. Halve, peel and finely chop the shallot. Chop the leaves of the spring greens into roughly 1cm slices (discard the core). Finely chop the parsley (stalks and all).

2 SOFTEN THE APPLE
Put a splash of oil in a small saucepan on medium-low heat. ★ TIP: Use a knob of butter instead if you have some. Add the apple, a sprinkle of sugar (if you have some) and a splash of water. Pop a lid on the pan and cook until the apple has softened, 10-15 mins. Remove the lid for the last few mins of cooking time so the apple can thicken. Take the pan off the heat and set aside with the lid on to keep warm.

3 COOK THE DUCK
Season the duck breast with salt and black pepper. Make three diagonal cuts into the skin with a sharp knife. Lay in a cold frying pan, skin-side down. Cook on medium-low heat until the fat has rendered and the skin is crisp and golden, 7 mins. Transfer to a baking tray, skin-side up. Roast on the top shelf of your oven for 7 mins. ★ TIP: We like our duck pink, if you like it well done give it 15 mins in the oven.

4 MAKE THE LENTILS
Put a drizzle of oil in another frying pan on medium heat. Add the chilli, carrot and shallot. Cook until soft, 5 mins. Drain and thoroughly rinse the vert lentils in a sieve before adding to the pan, together with the vegetable stock pot and water (amount specified in the ingredient list). Cook for 3 mins, then take the pan off the heat and set aside until it’s time to serve.

5 FRY THE GREENS
Once the duck is cooked, remove from your oven and leave to rest for a few mins. Pour out all but a drizzle of oil from the pan you used to fry it and pop on medium-high heat. Once hot, add the spring greens. Season with a pinch of salt and a good grind of black pepper. Fry until softened, 3-4 mins.

6 FINISH AND SERVE
Reheat your lentils, stir through the parsley and divide between plates. Serve the spring greens on the side. Carve the duck into slices and arrange on top of the lentils with a generous spoonful of caramelised apple. Enjoy!

2 PEOPLE
INGREDIENTS
- Red Chilli, chopped ½
- Carrot, chopped 1
- Apple, chopped 1
- Echalion Shallot, chopped 1
- Spring Greens, sliced ½ bag
- Flat Leaf Parsley, chopped ½ bunch
- Duck Breast 2
- Vert Lentils 1 tin
- Vegetable Stock Pot 9) 12) ½
- Water* 75ml

*Not Included

NUTRITION PER SERVING PER 100G
- Energy (kcal) 511 92
- (kJ) 2140 384
- Fat (g) 14 3
- Sat. Fat (g) 3 1
- Carbohydrate (g) 47 8
- Sugars (g) 18 3
- Protein (g) 50 9
- Salt (g) 2.32 0.42

ALLERGENS
- 9) Celery 12) Sulphites


THUMBS UP OR THUMBS DOWN?
Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we’ll get back to you.

You made this, now show it off! Share your creations with us:

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BEFORE YOU START
Our fruit and veggies need a little wash before you use them! Make sure you’ve got a Peeler, Small Saucepan (with a Lid), two Frying Pans, Baking Tray, Sieve and a Measuring Jug. Now, let’s get cooking!