



Cooking Made Easy

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**G**  
**Gressingham**  
- THE REMARKABLE DUCK PEOPLE -

## Duck à l'Orange with an Asian Twist

Every week at the Fresh Farm we sit down and go over all of your feedback to decide what we'll cook the following week. Lots of you love the classic dishes of your childhood, whilst the thrill seekers amongst you like to try out things you've never tasted before. This week we thought we'd try to tick both culinary boxes by creating an old favourite with a little oriental twist. Use more or less of the lemongrass according to taste and make sure you chop it up micro-fine for the best result.



40 min



*lactose  
free*



*spicy*



*healthy*



*gluten  
free*



Brown Rice



Duck Breast



Orange



Bok Choy



Red Chilli



Lemongrass



Garlic Clove



Ginger



Star Anise

Ingredients

	2P	4P
Brown Rice	1 cup	2 cups
Duck Breast	2	4
Orange	1	2
Bok Choy, shredded	2	3
Red Chilli, diced	½	1
Lemongrass, chopped	1	1
Garlic Clove, diced	1	2
Ginger, diced	½ tbsp	1 tbsp
Star Anise	1	1

- May feature in another recipe
- Our produce comes fresh from the farm so give it a little wash before using
- Allergens  
N/A

Nutrition per serving: Calories: 489 kcal | Protein: 22 g | Carbs: 82 g | Fat: 7 g | Saturated Fat: 1 g



1 Pre-heat the oven to 200 degrees. Boil a large pot of water with ¼ tsp of salt. Rinse the brown rice under running water for 30 seconds. Tip the rice into the boiling water and boil for around 25 mins. Drain the rice thoroughly and rinse with cold water to cool.



2 Cut slices across the duck skin with a sharp knife. Grate the zest of half the orange (don't grate into the bitter white part and keep the orange whole). Rub the zest onto the skin of the breasts along with a pinch of salt. **Tip:** The more you cut into the skin, the easier it is for the fat to be released.



3 Lay the duck breasts in a cold frying pan skin side down. Cook on a medium-low heat for about 8 mins or until the fat is crisp and golden. Transfer to a baking dish skin side up and cook for 5 mins (or 10 mins for very well done) on the top shelf of your oven. **Tip:** Keep the frying pan with the duck fat for more flavour later on.



4 Segment the orange by cutting off the top and bottom. Cut off the remaining skin and pith (following the shape of the orange). Finally, over a bowl cut out the segments

of fruit by cutting in between the membranes. Squeeze the leftover core of the orange into the bowl to collect its juice.

5 Cut the bok choy in half lengthways and then shred widthways. Finely dice the chilli. Cut the base off the lemongrass and discard the outer leaves, chop very, very finely. Peel and finely dice the garlic and the ginger.

6 Remove all but 1 tbsp of the duck fat from the frying pan and put on high heat. Add the garlic and bok choy and fry for 2-3 mins with ¼ tsp of salt. Add the rice to the pan and fry for a few mins.

7 In a separate pan, heat 2 tsp of oil on low heat and fry some chilli (NB: it's spicy!), the ginger, star anise and 1 tsp of the lemongrass and cook for 5 mins. Add the orange juice, 2 tbsp of water, 1 tsp of sugar (if you have some), half the orange segments and cook for 2-3 mins. Add the remaining orange segments and warm through for another minute.

8 Serve the duck piled on top of the rice and spoon over the orange spicy sauce - Yum!