



Apricot-Mustard Glazed Duck

with Garlic-Butter Potatoes and Pear and Walnut Salad

Special Plus

40 Minutes



Duck Breast
2 | 4



Red Potato
400 g | 800 g



Baby Spinach
56 g | 113 g



Spring Mix
28 g | 56 g



Pear
1 | 2



Parsley
7 g | 14 g



Garlic, cloves
2 | 4



Goat Cheese
¼ cup | ½ cup



Walnuts, chopped
28 g | 56 g



Apricot Spread
2 tbsp | 4 tbsp



White Wine Vinegar
1 tbsp | 2 tbsp



Whole Grain Mustard
1 tbsp | 2 tbsp



Soy Sauce
½ tbsp | 1 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Toast nuts

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Add **walnuts** and **1 tsp** (2 tsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**. Toss to coat.
- Toast in the **top** of the oven, stirring halfway, until golden and toasted, 3-4 min.
- Transfer **walnuts** to a plate.
- Reserve baking sheet to roast **duck** in step 4.

2



Prep and sear duck

- Heat a large non-stick pan over medium-high heat.
- While pan heats, pat **duck** dry with paper towels.
- Using a sharp knife, score skin side of **duck** in a criss-cross pattern.
- Season with **salt** and **pepper**.
- When hot, add **duck** to the dry pan, skin-side down. Reduce heat to medium. Cook until **skin** is crispy, 8-10 min. Flip and cook until golden-brown, 2-3 min.

3



Make sauces and prep potatoes

- While **duck** sears, add **vinegar**, **half the whole grain mustard**, **1 tsp** (2 tsp) **apricot spread** and **2 tsp** (4 tsp) **oil** to a large bowl. Season with **salt** and **pepper**. Whisk to combine. This is your **dressing**.
- Combine **soy sauce**, **remaining mustard** and **remaining apricot spread** in a small bowl. This is your **duck glaze**.
- Cut **potatoes** into ¼-inch pieces.

4



Roast duck and make potatoes

- Transfer **duck** to the same baking sheet, skin-side up, reserving **1 tbsp** (2 tbsp) **duck fat** in the pan.
- Spread **half the glaze** over **duck**.
- Roast **duck** in the **bottom** of the oven until cooked through, 7-12 min.**
- Reheat the same pan from step 2 over medium. When hot, add **1 tbsp** (2 tbsp) **butter**. Swirl pan until melted, 30 sec.
- Add **potatoes**. Season with **salt** and **pepper**. Cook, stirring often until golden and tender, 8-12 min.

5



Finish prep and potatoes

- Meanwhile, core, then cut **pear** into ⅛-inch slices.
- Peel, then grate or mince **garlic**.
- Finely chop **parsley**.
- Once **potatoes** are cooked, remove pan from heat. Add **garlic** and **half the parsley**. Stir to mix.
- When **duck** is done, transfer to a plate to rest for 3-5 min.

6



Finish and serve

- Add **spring mix**, **spinach**, **pears** and **walnuts** to bowl with **dressing**. Toss to coat.
- Thinly slice **duck**.
- Divide **potatoes**, **duck** and **salad** between plates.
- Spoon **remaining apricot-mustard glaze** over **duck**.
- Sprinkle **goat cheese** over **salad**.
- Sprinkle **remaining parsley** over top.

** Cook to a minimum internal temperature of 74°C/165°F, which will yield a medium-well doneness.