



Duck à l'Orange

with Thyme Potatoes and Green Beans Amandine

Special Plus

45 Minutes



Duck Breast
2 | 4



Orange
1 | 2



Yellow Potato
400 g | 800 g



Green Beans
170 g | 340 g



Almonds, sliced
28 g | 56 g



Lemon
½ | 1



Parsley and
Thyme
14 g | 21 g



Garlic Spread
2 tbsp | 4 tbsp



Shallot
1 | 2



Chicken Broth
Concentrate
1 | 2



Cornstarch
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 Roast potatoes and prep

- Before starting, preheat the oven to 450°F. Add 8 cups water and 2 tsp salt to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Halve **potatoes**.
- Strip **1 tbsp** (2 tbsp) **thyme leaves** from the stems, then roughly chop.
- Add **potatoes**, **half the thyme** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**. Toss to combine.
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 25-28 min. (**NOTE**: At the halfway point, you will add the duck fat from step 4.)
- Meanwhile, zest, then juice **orange**.
- Zest **lemon**, then juice half (use all for 4 ppl).
- Trim **green beans**.



2 Cook beans and toast almonds

- Add **green beans** to the **boiling water**. Cook, stirring often, until tender-crisp, 1-2 min.
- Drain **green beans** and return to the same pot, off heat. Add **garlic spread**, **½ tsp** (1 tsp) **lemon zest** and **½ tbsp** (1 tbsp) **lemon juice**. Season with **salt** and **pepper**, then cover to keep warm.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP**: Make sure they don't burn!)
- Remove from heat, then transfer to a plate.



3 Prep and sear duck

- Carefully rinse and wipe the pan clean.
- Pat **duck** dry with paper towels.
- Using a sharp knife, score **skin side** in a criss-cross pattern. Season with **salt** and **pepper**.
- Add **duck** to the same dry pan, skin-side down.
- Heat the pan over medium. Cook until **skin** is crispy, 8-12 min.
- Flip and cook until golden-brown, 2-3 min.
- Transfer **duck** to another parchment-lined baking sheet, skin-side up.
- Carefully reserve **duck fat** in a small heat-proof bowl.



4 Roast duck and finish potatoes

- Roast **duck** in the **top** of the oven until cooked through, 8-13 min.**
- When done, transfer **duck** to a plate to rest for 3-5 min.
- Meanwhile, carefully remove **potatoes** from the oven.
- Drizzle **2 tbsp** (4 tbsp) **duck fat** over **potatoes**.
- Toss to coat, then continue roasting **potatoes** for 5-6 min, until golden-brown and cooked through.



5 Start sauce

- Heat the same pan (from step 3) over medium.
- Meanwhile, peel, then finely chop **shallot**.
- When the pan is hot, add **remaining duck fat**, then **shallots**. Cook, stirring often, until softened, 2-3 min.
- Stir in **orange juice**, **half the cornstarch** (use all for 4 ppl), **broth concentrate**, **2 tbsp** (4 tbsp) **sugar** and **½ cup** (¾ cup) **water**. Season with **salt** and **pepper**.



6 Finish sauce and serve

- Bring **sauce** to a boil. Once boiling, cook, stirring often, until **sauce** thickens slightly, 1 min.
- Remove from heat, then stir in **orange zest** and **remaining thyme**.
- Finely chop **parsley**.
- Thinly slice **duck**.
- Divide **duck**, **potatoes** and **green beans** between plates.
- Spoon **orange sauce** over **duck**.
- Sprinkle **almonds** over **green beans**.
- Garnish with **parsley**.

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