

HELLO Duck à l'Orange FRESH with Thuma Potatoes and G

with Thyme Potatoes and Green Beans Amandine

Special Plus

45 Minutes





Duck Breast



2 | 4

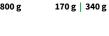


Yellow Potato



Green Beans

400 g | 800 g





Almonds, sliced



28 g | 56 g



Parsley and



Thyme 14 g | 21 g

Garlic Spread

2 tbsp | 4 tbsp



Shallot



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. Cooking utensils | 2 baking sheets, colander, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, parchment paper, zester, small bowl



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.



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.



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 crisscross 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 howl.



1 tbsp

2 person

(2 tbsp)

4 person

oil

Ingredient

Measurements

within steps

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.



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.



- 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.