



Seared Duck in Cranberry-Wine Reduction

with Maple Brussels Sprouts and Creamy Smashed Sweet Potatoes

Special Plus

40 Minutes



Duck Breast

2 | 4



White Cooking Wine

4 tbsp | 8 tbsp



Shallot

1 | 2



Cranberry Spread

2 tbsp | 4 tbsp



Brussels Sprouts

227 g | 454 g



Almonds, sliced

28 g | 56 g



Maple Syrup

2 tbsp | 4 tbsp



Cream

56 ml | 113 ml



Garlic, cloves

3 | 6



Thyme

7 g | 14 g



Sweet Potato

2 | 4

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



Prep

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

- Halve **Brussels sprouts** (if larger, quarter them).
- Peel, then mince or grate **garlic**.
- Peel, then cut **shallot** into ¼-inch pieces.
- Strip **thyme leaves** from stems, then finely chop.
- Peel, then cut **sweet potatoes** into 1-inch pieces.

2



Roast Brussels sprouts

- Add **Brussels sprouts** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Arrange in a single layer, cut-sides down. Roast in the **middle** of the oven until tender, flipping halfway through, 20-22 min.
- When flipping the **Brussels sprouts**, add **maple syrup** and **almonds** to the sheet, then toss to combine.

3



Cook duck

- Meanwhile, pat **duck** dry with paper towels. Using a sharp knife, score the skin sides of **duck** in a criss-cross pattern. Season with **salt** and **pepper**.
- Add **duck** to a cold, large non-stick pan, skin-sides down. Cook over medium heat until skin is crispy, 10-12 min. Flip and cook until golden-brown, 2-3 min.
- Transfer **duck** to another parchment-lined baking sheet, skin-sides up. Reserve **duck fat** in pan.
- Roast **duck** in the **top** of the oven until cooked through, 8-13 min.**

4



Cook sweet potatoes

- Add **sweet potatoes**, **2 tsp salt** and **enough water to cover by approx. 1 inch** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat. Roughly mash **cream** and **2 tbsp** (4 tbsp) **butter** into **potatoes**. Season with **salt** and **pepper**.

5



Make cranberry-wine reduction

- Heat the same pan with **duck fat** over medium-high. When hot, add **shallots**, **garlic** and **thyme**. Cook, stirring frequently, until **shallots** soften slightly, 1-2 min.
- Add **wine** and cook, stirring frequently, 1 min.
- Remove pan from heat. Add **cranberry spread** to pan. Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

- Thinly slice **duck**.
- Divide **duck**, **Brussels sprouts** and **sweet potatoes** between plates.
- Spoon **cranberry-wine reduction** over **duck**.

** Cook to a minimum internal temperature of 74°C/165°F.