

Seared Duck in Cranberry-Wine Reduction

with Maple Brussels Sprouts and Creamy Smashed Sweet Potatoes

Special Plus

40 Minutes









2 | 4





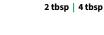


Shallot



Cranberry Spread

1 | 2





Brussels Sprouts 227 g | 454 g



Almonds, sliced 28 g | 56 g



Maple Syrup 2 tbsp | 4 tbsp



56 ml | 113 ml







Thyme 7 g | 14 g



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. Cooking utensils | 2 baking sheets, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, parchment paper, potato masher, vegetable peeler



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 1/4-inch pieces.
- Strip **thyme leaves** from stems, then finely chop.
- Peel, then cut **sweet potatoes** into 1-inch pieces.



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.



Measurements

within steps

(2 tbsp)

1 tbsp

oil

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.**



Finish and serve

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



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.



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.