



Zingy Maple-Balsamic Duck

with Almond-Goat Cheese Veggies

Special Plus

40 Minutes



-  Duck Breast
2 | 4
-  Sweet Potato
3 | 6
-  Sugar Snap Peas
113 g | 227 g
-  Parsley
7 g | 14 g
-  Ginger
30 g | 60 g
-  Goat Cheese
¼ cup | ½ cup
-  Almonds, sliced
28 g | 56 g
-  Maple Syrup
2 tbsp | 4 tbsp
-  Garlic Spread
2 tbsp | 4 tbsp
-  Balsamic Vinegar
1 tbsp | 2 tbsp
-  Chicken Broth Concentrate
1 | 2

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



Start duck and prep sweet potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Ginger Guide for Step 5:
 - Mild: 1 tbsp (2 tbsp)
 - Medium: 1 ½ tsp (3 tbsp)
 - Extra: 2 tbsp (4 tbsp)

- 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 sides of duck** in a criss-cross pattern. Season with **salt** and **pepper**.
- When hot, add **duck** to the dry pan, skin-sides down. Reduce heat to medium. Cook until skin is crispy, 7-9 min.

2



Cook sweet potato mash

- Meanwhile, peel, then on a clean cutting board, cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes, 1 tsp salt** and **enough water to cover** (by approx. 1-2 inches) 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.

3



Finish duck and roast snap peas

- When **duck skin** is crispy, flip and cook, 1 min. Transfer **duck** to a parchment-lined baking sheet, skin-sides up. Discard fat from pan.
- Roast **duck** in the **middle** of the oven until cooked through, 8-12 min. **
- Meanwhile, trim **sugar snap peas**.
- Add **sugar snap peas** and ½ **tbsp** (1 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**. Toss to coat.
- Roast in the **bottom** of the oven, stirring halfway, until tender crisp and golden, 7-10 min.

4



Finish prep and mash

- Meanwhile, peel, then mince or grate **ginger**.
- Roughly chop **parsley**.
- When **duck** is done, transfer to a plate to rest for 3-5 min.
- Drain and return **sweet potatoes** to the same pot, off heat.
- Mash **half the garlic spread, half the parsley** and **3 tbsp** (6 tbsp) **milk** into **sweet potatoes**, until smooth. Season with **salt** and **pepper**.

5



Make maple-balsamic sauce

- Reheat the same pan (from step 1) over medium. When hot, add **remaining garlic spread** and **ginger**. (NOTE: Reference ginger guide.)
- Cook, stirring often until fragrant, 30 sec.
- Add **vinegar, broth concentrate, maple syrup** and **any resting duck juices** from the plate. Cook, stirring often, until slightly thickened, 1-2 min. Remove from heat. Season with **salt** and **pepper**.

6



Finish and serve

- Thinly slice **duck**.
- Divide **sweet potato mash, duck** and **sugar snap peas** between plates.
- Sprinkle **almonds** and **goat cheese** over **mash** and **sugar snap peas**.
- Spoon **ginger maple-balsamic sauce** over **duck**.
- Sprinkle **remaining parsley** overtop.

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