



# Duck Breast and Fig Sauce

## with Creamy Garlic Smashed Potatoes

Special Plus

40 Minutes



Duck Breast  
2 | 4



Yellow Potato  
350 g | 700 g



Shallot  
1 | 2



Garlic, cloves  
2 | 4



Parsley and Thyme  
14 g | 21 g



Fig Spread  
2 tbsp | 4 tbsp



Balsamic Glaze  
2 tbsp | 4 tbsp



Chicken Broth Concentrate  
1 | 2



Snow Peas  
113 g | 227 g



Sugar Snap Peas  
113 g | 227 g



Cream  
56 ml | 113 ml

**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



### Cook potatoes

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

- Cut **potatoes** into 1-inch pieces.
- Combine **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) in 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.

2



### Cook duck

- Meanwhile, pat **duck** dry with paper towels.
- Using a sharp knife, score the **skin of the duck breasts** in a criss-cross pattern. Season with **salt** and **pepper**.
- Add **duck**, skin-side down, to a cold large non-stick pan. Cook over medium heat until skin is crispy, 10-12 min. Flip **duck** and cook until golden, 2-3 min.
- Transfer to a parchment-lined baking sheet, skin-side up. (**NOTE:** Reserve pan and ½ tbsp [1 tbsp] duck fat for step 4.)
- Roast in the **middle** of the oven until **duck** is cooked through, 8-13 min.\*\*

3



### Prep and steep cream

- Meanwhile, trim **snap peas**.
- Trim **snow peas**.
- Peel, then finely chop **shallot**.
- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- Strip **1 tbsp** (2 tbsp) **thyme leaves** from stems, then finely chop.
- Add **cream**, **garlic**, **half the thyme** and **2 tbsp** (4 tbsp) **butter** to a small pot.
- Bring to a simmer over medium heat and cook until **butter** melts, 3-4 min.
- Remove heat. Cover and set aside.

4



### Cook veggies

- Heat pan with **reserved duck fat** (from step 2) over medium-high.
- When hot, add **half the shallots**. Cook, stirring often, until tender-crisp, 1-2 min.
- Add **snap peas**, **snow peas** and **2 tbsp** (¼ cup) **water**. Season with **salt** and **pepper**. Cook, stirring often, until water is absorbed and **veggies** are tender, 3-4 min.
- Transfer to a plate, then cover to keep warm.

5



### Make sauce

- Reheat the same pan over medium-low.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **remaining shallots** and **remaining thyme**. Cook, stirring often, until softened, 3-4 min.
- Add **fig spread**, **balsamic glaze**, **broth concentrate** and ⅓ cup (½ cup) **water**. Cook, stirring often, until **sauce** thickens slightly, 2-3 min.

6



### Finish and serve

- When **potatoes** are fork-tender, drain and return to the same pot, off heat. Roughly mash **steeped cream** into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!) Season with **salt** and **pepper**, then stir to combine.
- When **duck** is done, transfer to a plate to rest, 3-5 min. Thinly slice **duck**.
- Divide **duck**, **mash** and **veggies** between plates. Drizzle **fig sauce** over **duck**. Sprinkle **parsley** over top.

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