



Crispy-Skinned Duck Breast

with Apple-Cranberry Chutney and Broccoli

Special Plus 45 Minutes



Duck Breasts
2 | 4



Wild Rice Medley
½ cup | 1 cup



Broccoli
227 g | 454 g



Gala Apple
1 | 2



Shallot
1 | 2



Thyme
7 g | 14 g



Whole Grain Mustard
1 tbsp | 2 tbsp



Dried Cranberries
28 g | 56 g



Red Wine Vinegar
1 tbsp | 2 tbsp



Brown Sugar
2 tbsp | 4 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.

Pantry items | Pepper, unsalted butter, salt

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, parchment paper, small bowl, small pot, vegetable peeler, strainer

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Using a strainer, rinse **rice** until water runs clear.
- Add **2 cups** (4 cups) **water**, **chicken broth concentrate**, **half the thyme sprigs** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 22-25 min.
- Remove from heat. Set aside, still covered.

4



Make chutney

- Heat a small pot over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **shallots**. Cook, stirring often, until tender, 2-3 min.
- Increase heat to medium-high, then add **apples**, **cranberries**, **brown sugar**, **mustard**, **vinegar**, **remaining thyme** and **¼ cup** (½ cup) **water**.
- Bring to a simmer, stirring occasionally, until **chutney** thickens and **apples** soften slightly, 4-6 min.
- Remove the pot from heat.

2



Cook duck

- Meanwhile, pat **duck** dry with paper towels.
- Using a sharp knife, score the **skin side of duck** 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 and cook until golden, 2-3 min.
- Transfer **duck** to a parchment-lined baking sheet, skin-side up. Roast **duck** in the **top** of the oven until cooked through, 8-13 min.** Set aside to rest.
- Transfer **2 tbsp** (4 tbsp) **duck fat** to a small bowl. Set aside.

5



Cook broccoli

- Meanwhile, heat the same pan (from step 2) over medium.
- When hot, add **broccoli** and **¼ cup** (½ cup) **water**. Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min. Add **1 tbsp** (2 tbsp) **butter**. Cook, stirring often, until **butter** coats **broccoli**, 1 min.
- Season with **salt** and **pepper**.

3



Prep

- Meanwhile, peel, core, then cut **apple** into ¼-inch pieces.
- Peel, then finely chop **shallot**.
- Cut **broccoli** into bite-sized pieces.
- Strip **thyme leaves** off of remaining stems.

6



Finish and serve

- Meanwhile, drizzle **reserved duck fat** over **rice**, then stir to combine.
- Thinly slice **duck**.
- Divide **rice**, **duck** and **broccoli** between plates.
- Spoon **chutney** over **duck**. (TIP: Any leftover chutney can be saved and refrigerated for up to 2 days. Serve with grilled cheese or cheese and crackers!)

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

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