



Apricot-Balsamic Duck Breasts

with Rosemary Roasted Potatoes

Special Plus

40 Minutes



Duck Breast



Russet Potato



Rosemary



Garlic Salt



Chicken Broth Concentrate



All-Purpose Flour



Apricot Spread



Balsamic Vinegar



Arugula and Spinach Mix



Seed Blend



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HELLO APRICOT SPREAD

Tart, sweet and perfect for sauces and dressings!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

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

Bust out

2 Baking sheets, measuring spoons, large bowl, parchment paper, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Duck Breast	2	4
Russet Potato	460 g	920 g
Rosemary	1 sprig	2 sprig
Garlic Salt	1 tsp	2 tsp
Chicken Broth Concentrate	1	2
All-Purpose Flour	1 tbsp	2 tbsp
Apricot Spread	4 tbsp	8 tbsp
Balsamic Vinegar	1 tbsp	2 tbsp
Arugula and Spinach Mix	56 g	113 g
Seed Blend	28 g	28 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.

Contact

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Prep and roast potatoes

- Cut **potatoes** into 1-inch pieces.
- Strip **rosemary leaves** from stem, then finely chop.
- Add **potatoes, rosemary** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **garlic salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 24-26 min.



Make vinaigrette

- Meanwhile, add **half the vinegar**, **1 tbsp** (2 tbsp) **oil** and **1 tsp** (2 tsp) **apricot spread** to a large bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.



Sear duck

- Meanwhile, pat **duck** dry with paper towels. Using a sharp knife, score **skin side** of **duck** in a criss-cross pattern. Season with **salt** and **pepper**.
- Add **duck** to a cold, large non-stick pan, skin-side down. Cook over medium heat until **skin** is crispy, 10-12 min. Flip and cook until golden-brown, 2-3 min.
- Remove the pan from heat. Transfer **duck** to an unlined baking sheet, skin-side up.



Start apricot-balsamic sauce

- When **duck** is almost done, reheat the same pan (from step 2) over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then sprinkle **flour** over the pan. Cook, stirring often, until combined and golden, 30 sec-1 min.
- Gradually whisk in $\frac{2}{3}$ **cup** (1 $\frac{1}{3}$ cups) **water**, **remaining apricot spread** and **broth concentrate** until smooth, then bring to a simmer.
- Once simmering, cook, whisking occasionally, until **sauce** thickens slightly, 1-2 min.
- Remove the pan from heat.



Roast duck

- Roast **duck** in the **top** of the oven until cooked to desired doneness, 8-13 min.**
- Drain duck fat from the pan, then discard. Carefully wipe the pan clean.
- When **duck** is done, transfer to a clean cutting board to rest, 3-5 min.



Finish and serve

- Add **remaining vinegar** and **1 tbsp** (2 tbsp) **butter** to the pan, then stir until **butter** melts. Season with **salt** and **pepper**, to taste.
- Add **arugula and spinach mix** to the large bowl with **vinaigrette**, then toss to coat.
- Thinly slice **duck**.
- Divide **duck**, **potatoes** and **salad** between plates.
- Sprinkle **seed blend** over **salad**. Spoon **apricot-balsamic sauce** over **duck**.

Dinner Solved!