

Apricot-Balsamic Duck Breasts

with Rosemary Roasted Potatoes

Special Plus

40 Minutes





Duck Breast



Russet Potato





Rosemary



Chicken Broth



All-Purpose Flour

Garlic Salt

Concentrate



Apricot Spread



Balsamic Vinegar



Arugula and Spinach



Seed Blend

Start here

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

Measurements, 1 tbsp (2 tbsp), within steps 4 person

Bust out

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

Ingradients

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	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, sov. 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 goldenbrown, 24-26 min.



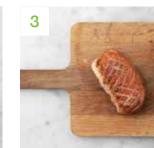
Make vinaigrette

 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.



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.



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 3/3 cup (1 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.



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!