



Crispy-Skinned Duck Breast

with Apple-Cranberry Chutney and Broccolini

Discovery Special

45 Minutes



Duck Breast
2 | 4



Wild Rice Medley
½ cup | 1 cup



Broccolini
170 g | 340 g



Gala Apple
1 | 2



Shallot
1 | 2



Thyme
7 g | 14 g



Whole Grain Mustard
1 tbsp | 2 tbsp



Dried Cranberries
¼ cup | ½ cup



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.

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add **2 cups** (4 cups) **water**, **chicken broth concentrate**, **half the thyme sprigs** and **1/8 tsp** (1/4 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.

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-brown, 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.**
- Transfer **2 tbsp** (4 tbsp) **duck fat** to a small bowl. Set aside.
- Set aside sheet to let **duck** rest.

3



Prep

- Meanwhile, peel, core, then cut **apple** into 1/4-inch pieces.
- Peel, then finely chop **shallot**.
- Trim ends off **broccolini**, then cut any larger stalks in half lengthwise, leaving thinner stalks whole.
- Strip **thyme leaves** off of remaining stems.

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 **1/4 cup** (1/2 cup) **water**.
- Bring to a simmer, stirring occasionally, until **chutney** thickens and **apples** soften slightly, 4-6 min.
- Remove the pot from heat.

5



Cook broccolini

- Meanwhile, heat the same pan (from step 2) over medium.
- When hot, add **broccolini**. Season with **salt** and **pepper**. Cover and cook, tossing occasionally, until tender-crisp, 4-5 min.

6



Finish and serve

- Meanwhile, drizzle **reserved duck fat** over **rice**, then stir to combine.
- Thinly slice **duck**.
- Divide **rice**, **duck** and **broccolini** 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!)

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



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