



# Crispy-Skinned Duck in Maple Bacon Sauce with Thyme Roasted Squash

Duck Special

Sugar Shack

45 Minutes



Duck Breast



Bacon Strips



Maple Syrup



Whole Grain Mustard



Butternut Squash,  
cubes



Sweet Potato



Sour Cream



Thyme



Garlic, cloves



Honey

HELLO DUCK BREAST

*Don't be confused by duck's pink hue even when cooked through!*

## Start here

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

## Bust out

2 Baking sheets, vegetable peeler, measuring spoons, slotted spoon, parchment paper, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Duck Breast	2	4
Bacon Strips	100 g	200 g
Maple Syrup	2 tbsp	4 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Butternut Squash, cubes	340 g	680 g
Sweet Potato	170 g	340 g
Sour Cream	3 tbsp	6 tbsp
Thyme	7 g	14 g
Garlic, cloves	2	4
Honey	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

## 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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## Roast veggies

Peel, then cut **sweet potato** into ½-inch pieces. Add **sweet potato, squash, half the thyme sprigs, honey** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 25-28 min.



## Finish duck

Transfer **duck** to another parchment-lined baking sheet, skin-side up. Roast **duck** in the **top** of the oven until cooked through, 8-13 min.\*\* Drain and discard any duck fat in the pan. Carefully wipe the pan clean.



## Prep

While **veggies** roast, strip **thyme leaves** from **remaining stems**. Peel, then mince or grate **garlic**. Cut **bacon** crosswise into ¼-inch strips.



## Cook maple bacon sauce

Reheat the same pan (from step 3) over medium-high. When hot, add **bacon**. Cook, stirring occasionally, until crispy, 5-7 min.\*\* Remove the pan from heat. Using a slotted spoon, transfer **bacon** to a paper towel-lined plate. Reserve **1 tsp bacon fat** (dbl for 4 ppl) in the pan, then discard the excess. Add **garlic, maple syrup, mustard** and **remaining thyme** to the pan with **bacon fat**. Cook, scraping up any brown bits from the bottom of the pan, 1-2 min. Remove the pan from the heat, then stir in **cream, ¼ cup water** (dbl for 4 ppl) and **bacon** until combined.



## Start duck

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** 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.



## Finish and serve

When **duck** is done, transfer to a plate to rest, 3-5 min. Thinly slice **duck**. Divide **duck** and **roasted veggies** between plates. Drizzle **maple bacon sauce** over **duck**.

## Dinner Solved!