



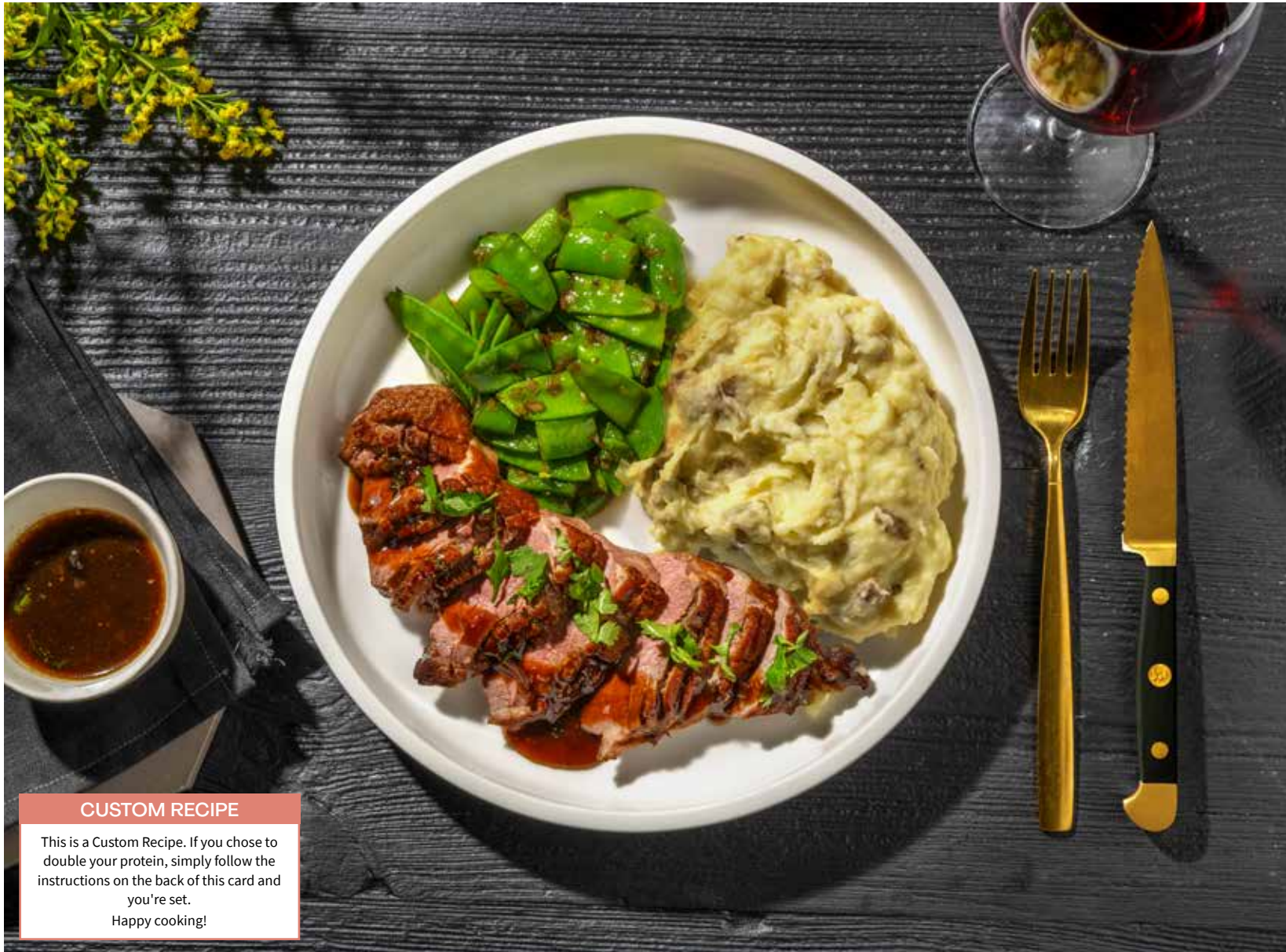
# Duck Breast and Fig Sauce

with Creamy Garlic Mash

Special Plus 40 Minutes



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**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

- Duck Breast
- Double Duck Breasts
- Yellow Potato
- Shallot
- Garlic, cloves
- Parsley and Thyme
- Fig Spread
- Balsamic Glaze
- Chicken Broth Concentrate
- Snow Peas
- Sugar Snap Peas
- Cream

HELLO THYME

*This woody herb packs a fragrant and savoury punch!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

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

## Bust out

Baking sheet, measuring spoons, potato masher, parchment paper, small pot, measuring cups, large pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Duck Breast	2	4
Double Duck Breasts	4	8
Yellow Potato	350 g	700 g
Shallot	50 g	100 g
Garlic, cloves	2	4
Parsley and Thyme	14 g	21 g
Fig Spread	2 tbsp	4 tbsp
Balsamic Glaze	2 tbsp	4 tbsp
Chicken Broth Concentrate	1	2
Snow Peas	113 g	227 g
Sugar Snap Peas	113 g	227 g
Cream	56 g	113 g
Unsalted Butter*	3 tbsp	6 tbsp
Salt and Pepper*		

\* Pantry items

\*\* Cook 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.



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1



### Cook potatoes

- Cut **potatoes** into 1-inch pieces. Combine **potatoes, 2 tsp salt** and **enough water** to cover (by approx. 1 inch) in a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer uncovered, until fork-tender, 10-12 min.

4



### Cook veggies

- Heat the pan with **reserved duck fat** (from step 2) over medium-high.
- When hot, add **half the shallots**. Cook, stirring often, until tender-crisp, 1-2 min. Add **snap peas, snow peas** and **¼ cup (½ cup) water**. Season with **salt** and **pepper**.
- Cook, stirring often, until **water** is absorbed and **veggies** are tender, 3-4 min. Transfer to a plate, then cover to keep warm.

2



### Cook duck

- While **potatoes** cook, 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 **duck** and cook until golden-brown, 2-3 min.
- Transfer to a parchment-lined baking sheet, skin-side up. (**NOTE:** Reserve pan and ½ tbsp [1 tbsp] duck fat for step 4; save remaining duck fat for another use, if desired.) Roast in the **middle** of the oven, until **duck** is cooked through, 8-13 min.\*\*

If you've opted for **double the duck**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of duck**. Work in batches, if necessary.

5



### Make sauce

- Heat the same pan over medium-low. When hot, add **1 tbsp (2 tbsp) butter**, then **remaining shallots** and **remaining thyme**. Cook, stirring often, until softened, 3-4 min.
- Add **fig spread, balsamic glaze, broth concentrate** and **¼ cup (½ cup) water**. Cook, stirring often, until **sauce** thickens slightly, 2-3 min.

3



### Prep and steep cream

- While **duck** cooks, trim, then halve **snap peas**. Trim, then halve **snow peas**.
- Peel, then finely chop **shallot**. Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- Strip **1 tbsp (2 tbsp) thyme leaves** from stems, then finely chop.
- Add **cream, garlic, half the thyme** and **2 tbsp (4 tbsp) butter** to a small pot. Bring to a simmer over medium heat and cook until **butter** melts, 3-4 min. Remove from heat. Set aside, still covered.

6



### Finish and serve

- When **potatoes** are fork-tender, drain and return to the same pot, off heat. Roughly mash **steeped cream** into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!) Season with **salt** and **pepper**, then stir to combine.
- When **duck** is done, transfer to a plate to rest for 3-5 min.
- Thinly slice **duck**. Divide **duck, mash** and **veggies** between plates.
- Drizzle **fig sauce** over **duck**. Sprinkle **parsley** over top.

Dinner Solved!