

# Duck Cassoulet

with Toasted Ciabatta

Discovery

40 Minutes



Duck Breast



Parsley and Thyme



Mirepoix



Garlic, cloves



Cannellini Beans



Chicken Broth Concentrate



Red Wine Vinegar



Bacon Strips



Ciabatta Roll

## HELLO DUCK BREAST

*Save some of that rendered duck fat to add extra flavour to other dishes like potatoes!*

## Start here

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

## Bust out

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

## Ingredients

	2 Person	4 Person
Duck Breast	2	4
Parsley and Thyme	14 g	14 g
Mirepoix	113 g	227 g
Garlic, cloves	2	4
Cannellini Beans	398 ml	796 ml
Chicken Broth Concentrate	1	2
Red Wine Vinegar	1 tbsp	2 tbsp
Bacon Strips	100 g	200 g
Ciabatta Roll	2	4
Unsalted Butter*	3 tbsp	6 tbsp
Salt and Pepper*		

\* Pantry items

\*\* Cook duck and pork to minimum internal temperatures of 74°C/165°F and 71°C/160°F, respectively.

## 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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## Cook 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**, skin-side down, to a cold, large non-stick pan. Heat the pan over medium heat and sear until skin is crispy, 10-12 min. Flip **duck** over and cook until golden-brown, 2-3 min. Transfer **duck** to a parchment-lined baking sheet, skin-side up. (**NOTE:** Reserve pan and fat for use in step 3.) Roast **duck** in the **middle** of the oven until cooked through, 8-13 min.\*\* When **duck** is done, transfer to a plate to rest, 3-5 min.



## Make cassoulet

Add **garlic**, **thyme** and **mirepoix** to the pan with **bacon**. Season with **salt** and **pepper**. Cook, stirring frequently, until **mirepoix** softens slightly, 3-5 min. Stir in **cannellini beans** and **liquid, broth concentrate, vinegar** and **1 ½ cups water** (dbl for 4 ppl). Bring to a simmer over medium-high. Once simmering, reduce heat to medium. Cook, stirring occasionally, until **cassoulet** thickens slightly, 6-8 min.



## Prep

While **duck** cooks, peel, then mince or grate **garlic**. Roughly chop **parsley**. Strip **thyme leaves** from stems, then roughly chop.



## Toast ciabatta

Halve **ciabatta**. Arrange on an unlined baking sheet, cut-side up. Brush with **reserved fat** from small bowl, then season with **salt** and **pepper**. Toast in the **top** of the oven until golden-brown, 5-8 min. (**NOTE:** Keep an eye on ciabatta so they don't burn!)



## Cook bacon

Cut **bacon** into ¼-inch pieces. Heat the same pan (from step 1) over medium. When hot, add **bacon**. Cook, stirring frequently, until **bacon** is crispy, 4-5 min.\*\* Reserve **1 tbsp fat** (dbl for 4 ppl) in a small bowl.



## Finish and serve

Add **3 tbsp butter** (dbl for 4 ppl) to **cassoulet**, then stir to combine. Thinly slice **duck**. Divide **cassoulet** between bowls. Top with **duck**. Sprinkle **parsley** over top. Serve **toasted ciabatta** on the side.

## Dinner Solved!