



# Grilled Asparagus and Duck Summer Salad

with Balsamic Blueberry Vinaigrette, Walnuts and Goat Cheese

Long Weekend Grill 40 Minutes



Duck Breast



Arugula and Spinach Mix



Asparagus



Shallot



Balsamic Vinegar



Blueberry Jam



Goat Cheese Crumbles



Walnuts, chopped



Plum



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HELLO DUCK BREAST

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

## Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- Preheat the grill to 450°F over medium-high heat.
- Warm sealed jam packets in a glass of hot water to soften.

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

## Bust out

Baking sheet, measuring spoons, large bowl, small bowl, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Duck Breast	2	4
Arugula and Spinach Mix	113 g	227 g
Asparagus	227 g	454 g
Shallot	25 g	50 g
Balsamic Vinegar	2 tbsp	4 tbsp
Blueberry Jam	2 tbsp	4 tbsp
Goat Cheese Crumbles	28 g	28 g
Walnuts, chopped	28 g	56 g
Plum	2	4
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to an 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.

## Contact

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### Sear duck

- 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 and golden-brown, 10-12 min.
- Transfer **duck** to a plate, skin-side up.
- Discard duck fat from the pan, then carefully wipe clean. (**TIP:** You can also save the fat for other creations!)



### Grill asparagus

- Add **asparagus** and **1 tbsp** (1 ½ tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- When done, transfer **duck** to the baking sheet with **asparagus** to rest, 5 min.
- Add **asparagus** to the grill. Close lid and grill, flipping halfway through, until tender, 3-5 min.
- When **asparagus** is done, return to the same baking sheet, next to **duck**.



### Prep and make vinaigrette

- While **duck** sears, cut sections off **plums**, avoiding pit, then cut into ½-inch pieces.
- Peel, then cut **half the shallot** (whole shallot for 4 ppl) into ¼-inch pieces.
- Trim and discard bottom 1 inch from **asparagus**.
- Add **shallots**, **blueberry jam**, **vinegar** and **2 tbsp** (4 tbsp) **oil** to a small bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.



### Finish salad

- Add **arugula and spinach mix** and **plums** to a large bowl.
- Drizzle **half the vinaigrette** over top, then toss to combine.
- Thinly slice **duck**.



### Grill duck and toast walnuts

- Add **duck** to one side of the grill, skin-side up. Close lid and grill, without flipping, until cooked through, 12-15 min. \*\*
- While **duck** grills, heat the same pan (from step 1) over medium.
- When the pan is hot, add **walnuts** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on walnuts so they don't burn!)
- Transfer **walnuts** to a plate.



### Finish and serve

- Divide **salad** between plates. Top with **asparagus** and **duck**.
- Sprinkle **goat cheese** and **walnuts** over plate.
- Drizzle **remaining vinaigrette** over **duck**.

Dinner Solved!