



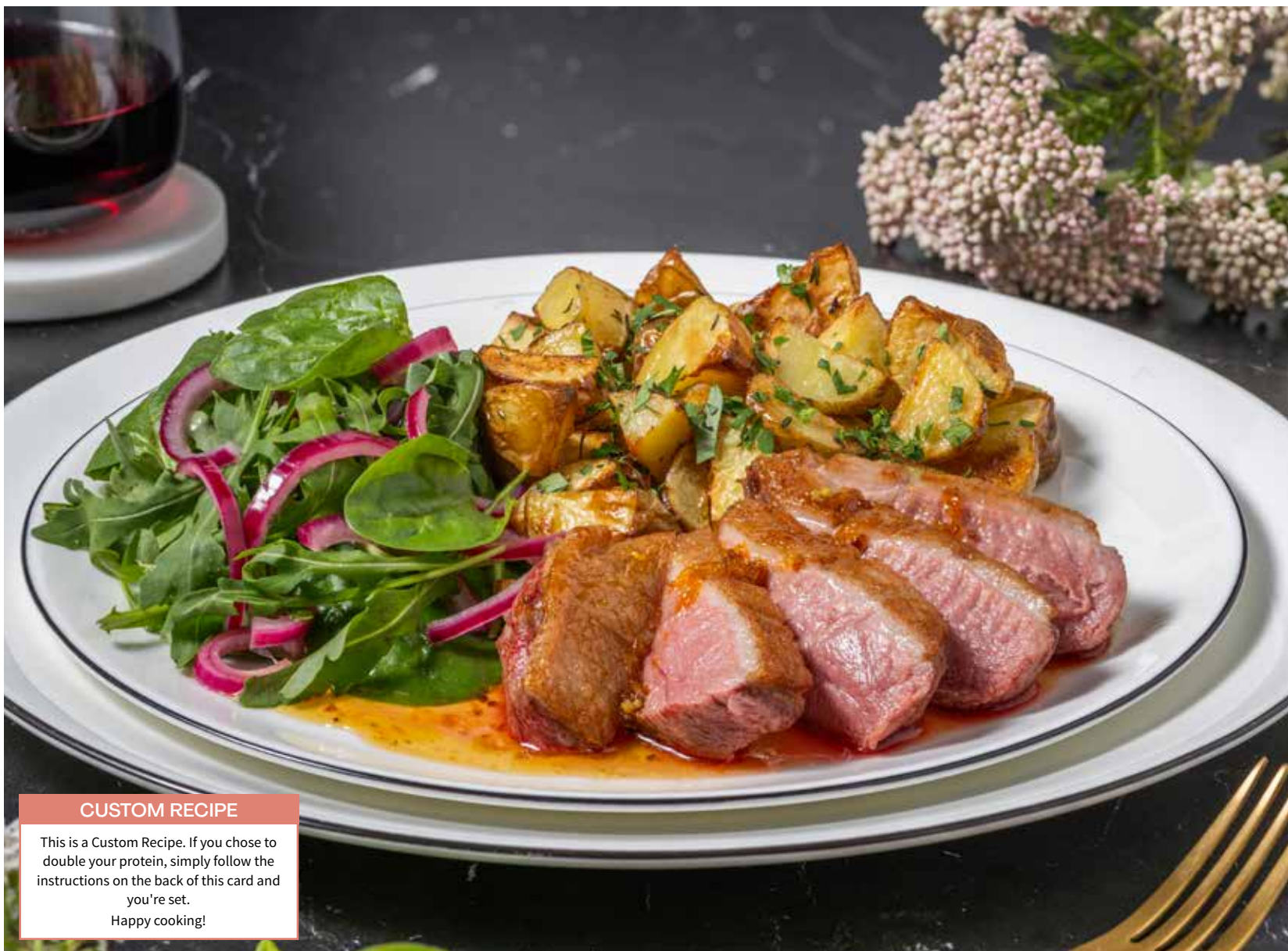
Maple-Orange Glazed Duck Breasts

with Herby Potatoes and Arugula Side Salad

Special Plus 45 Minutes

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- Duck Breast
- Double Duck Breast
- Yellow Potato
- Navel Orange
- Parsley and Thyme
- Arugula and Spinach Mix
- Maple Syrup
- Red Onion
- Red Wine Vinegar
- Whole Grain Mustard



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!

HELLO DUCK FAT
The key to extra crispy, extra delicious roast potatoes!

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, medium bowl, large oven-proof pan, measuring spoons, zester, large bowl, parchment paper, small pot, small bowl, measuring cups, whisk, paper towels

Ingredients

	2 Person	4 Person
Duck Breast	2	4
Double Duck Breast	4	8
Yellow Potato	350 g	700 g
Navel Orange	1	2
Parsley and Thyme	14 g	14 g
Arugula and Spinach Mix	56 g	113 g
Maple Syrup	2 tbsp	4 tbsp
Red Onion	1	1
Red Wine Vinegar	2 tbsp	4 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Health Canada recommends cooking duck 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.



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1



Roast potatoes

- Cut **potatoes** into 1-inch pieces.
- Add **potatoes, half the thyme sprigs** and **½ tbsp** (1 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast **potatoes** in the **middle** of the oven until tender and golden-brown, 25-28 min. (**NOTE:** You will add duck fat to the potatoes in step 3, about halfway through roasting.)

If you've opted for **double 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.

4



Pickle onions

- Add **onions, vinegar, 1 tbsp** (2 tbsp) **water** and **½ tbsp** (1 tbsp) **maple syrup** to a small pot. Season with **salt**.
- Bring to a simmer over medium-high heat.
- Once simmering, cook, stirring often, until **salt** dissolves, 1-2 min.
- Remove from heat. Transfer **onions**, including **pickling liquid**, to a medium bowl.
- Place in the fridge to cool.

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** to a cold, large oven-proof pan, skin-side down.
- Cook over medium heat until **skin** is crispy, 10-12 min. Flip and cook until golden-brown, 2-3 min.
- Transfer **1 tbsp** (2 tbsp) **duck fat** to a small bowl. (**NOTE:** If you don't have an oven-proof pan, transfer duck to an unlined baking sheet, skin-side up.)
- Roast **duck** in the **top** of the oven until cooked through, 8-13 min.**

5



Make glaze

- When **duck** is done, transfer to a cutting board to rest, 2-3 min.
- While **duck** rests, add **remaining thyme sprigs, mustard, remaining maple syrup, 1 tsp** (2 tsp) **orange zest** and **¼ cup** (½ cup) **orange juice** to the same pot. Bring to a gentle boil over medium.
- Once boiling, cook, stirring often, until **glaze** thickens slightly, 3-4 min.
- Remove from heat, then remove and discard thyme sprigs.
- Season **glaze** with **salt** and **pepper**, to taste. Cover to keep warm.

3



Prep

- Carefully drizzle **reserved duck fat** over **potatoes**, then toss to coat and continue to roast until golden-brown.
- Roughly chop **parsley**.
- Zest, then juice **orange**.
- Peel, then finely cut **half the onion** (whole onion for 4 ppl) into ¼-inch slices.

6



Finish and serve

- Add **1 tbsp** (2 tbsp) **pickling liquid** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Drain **onions** and discard remaining pickling liquid.
- Add **pickled onions** and **arugula and spinach mix** to the bowl with **dressing**. Toss to combine.
- Thinly slice **duck**.
- Divide **duck, potatoes** and **salad** between plates.
- Sprinkle **parsley** over **potatoes**.
- Drizzle **glaze** over **duck**.

Dinner Solved!