

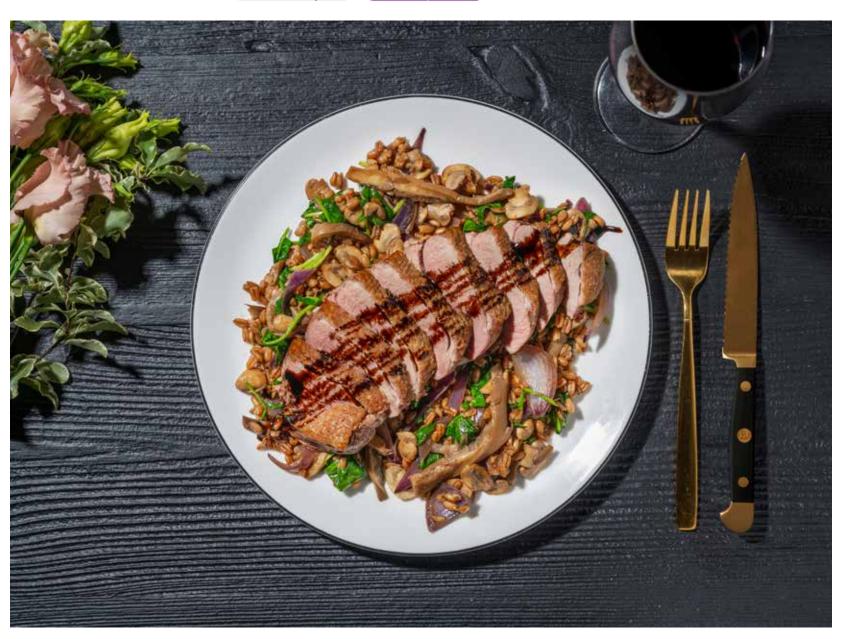
Roasted Duck Breasts

with Mushroom and Farro Pilaf

Discovery

Duck Special

40 Minutes









Chicken Broth



Red Onion

Concentrate







Balsamic Glaze



Baby Spinach

Mixed Mushrooms

Start here

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

Bust out

Baking sheet, measuring spoons, strainer, medium pot, parchment paper, measuring cups, large non-stick pan,

Ingredients

| | 2 Person | 4 Person |
|------------------------------|----------|----------|
| Duck Breast | 2 | 4 |
| Farro | ½ cup | 1 cup |
| Chicken Broth Concentrate | 1 | 2 |
| Red Onion | 113 g | 227 g |
| Garlic Salt | ½ tsp | 1 tsp |
| Baby Spinach | 56 g | 113 g |
| Balsamic Glaze | 2 tbsp | 4 tbsp |
| Mixed Mushrooms | 200 g | 400 g |
| Unsalted Butter* | 1 tbsp | 2 tbsp |
| Oil* | | |
| Calt and Danners | | |

Salt and Pepper

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.



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** 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. Transfer duck to a parchment-lined baking sheet, skin-side up. (NOTE: Reserve duck fat in the pan for use in step 4.) Roast duck in the middle of the oven until cooked through, 8-13 min.**



Cook farro

While duck roasts, add farro and 1 tbsp butter to a medium pot over mediumhigh. Cook, stirring often, until toasted and fragrant, 1-2min. Add 1 tsp salt and 3 cups water (dbl both for 4 ppl). Bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cook uncovered until farro is tender, 16-18 min. When farro is done, drain and set aside.



Prep

While **farro** cooks, peel, then cut **onion** into ½-inch slices. Thinly slice mushrooms. Roughly chop **spinach**.



Cook veggies

Heat the same pan (from step 1) over medium-high. When hot, add onions. Cook, stirring occasionally, until softened, 2-3 min. Add **mushrooms**. Cook, stirring occasionally, until softened, 5-6 min. Season with ½ tsp garlic salt (dbl for 4 ppl) and pepper. Drizzle over half the balsamic glaze. Cook, stirring often, until balsamic glaze coats veggies, 1 min.



Finish farro

Add farro, spinach and broth concentrate to the pan with veggies. Cook, stirring often, until **spinach** is wilted, 1-2 min. Remove the pan from heat. Season with salt and pepper, to taste.



Finish and serve

When duck is done, transfer to a plate to rest, 3-5 min. Thinly slice duck. Divide farro pilaf between plates. Top with **duck**. Drizzle over remaining balsamic glaze.

Dinner Solved!

Contact

Call or email us | (855) 272-7002 hello@hellofresh.ca HelloFresh.ca



^{*} Pantry items

^{**} Cook to a minimum internal temperature of 74°C/165°F.