



# Roasted Duck Breasts

## with Mushroom and Farro Pilaf

Discovery

Duck Special

40 Minutes



Duck Breast



Farro



Chicken Broth Concentrate



Red Onion



Garlic Salt



Baby Spinach



Balsamic Glaze



Mixed Mushrooms

HELLO DUCK BREAST

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

## Start here

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

## Bust out

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

## 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*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## 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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### 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 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.



### Cook farro

While **duck** roasts, add **farro** and **1 tbsp butter** to a medium pot over medium-high. 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.



### 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.



### Prep

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



### 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!