



# Roasted Duck Breasts

with Mixed Mushrooms and Farro

Special Plus 40 Minutes



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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.

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

## 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	226 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*	½ tbsp	1 tbsp
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.



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1



### Cook farro

- Heat a medium pot over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **farro**. Cook, stirring often, until toasted and fragrant, 1-2 min.
- Add **1 tsp** (2 tsp) **salt** and **3 cups** (6 cups) **water**. Bring to a boil over high.
- Once boiling, reduce heat to medium-low. Cook uncovered until **farro** is tender, 16-18 min.
- Drain, then return **farro** to the pot, off heat.
- Add **½ tbsp** (1 tbsp) **butter**, then stir until melted.

4



### Cook veggies

- When **farro** is almost done, heat the pan with **reserved duck fat** over medium-high.
- When hot, add **onions**. Cook, stirring occasionally, until softened slightly, 2-3 min.
- Add **mushrooms**. Cook, stirring occasionally, until softened, 4-6 min. Season with **½ tsp** (1 tsp) **garlic salt** and **pepper**.
- Drizzle **half the balsamic glaze** over **veggies**. Cook, stirring often, until coated, 1 min.

2



### Cook duck

- Meanwhile, 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, 10-12 min.
- Flip and cook until golden-brown, 2-3 min.
- Transfer **duck** to a parchment-lined baking sheet, skin-side up.
- Roast **duck** in the **middle** of the oven until cooked through, 8-13 min. \*\*
- Discard **all but 1 ½ tbsp** (3 tbsp) **duck fat** from the pan. (TIP: You can save duck fat for other creations, if desired.)

5



### Finish farro

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

3



### Prep

- Meanwhile, peel, then cut **onion** into ¼-inch slices.
- Thinly slice **mushrooms**.
- Roughly chop **spinach**.

6



### Finish and serve

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

Dinner Solved!