



Rosemary Seared Duck in Apricot Sauce

with Sweet Potato Rounds and Greens

Discovery

Duck Special

35 Minutes



Duck Breast



Rosemary



Apricot Spread



White Wine Vinegar



Chicken Broth Concentrate



Arugula and Spinach Mix



Almonds, sliced



Dijon Mustard



Sweet Potato

HELLO APRICOT SPREAD

Tart, sweet and perfect for sauces and dressings!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

2 Baking sheets, measuring spoons, large bowl, whisk, large non-stick pan, paper towels, parchment paper

Ingredients

	2 Person	4 Person
Duck Breast	2	4
Rosemary	1	2
Apricot Spread	1 tbsp	2 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Arugula and Spinach Mix	56 g	113 g
Almonds, sliced	28 g	56 g
Dijon Mustard	¾ tsp	1 ½ tsp
Sweet Potato	340 g	680 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 our meal kit labels for the most current allergen 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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Toast almonds and prep

Heat a large non-stick pan over medium heat. When hot, add **almonds** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate. While **almonds** toast, pat **duck** dry with paper towels. Using a sharp knife, score the skin side of the **duck** in a criss-cross pattern. Season **duck** with **salt** and **pepper**.



Make vinaigrette

While **sweet potatoes** roast, whisk together **half the Dijon** (use all for 4 ppl), **half the vinegar** and **1 tbsp oil** (dbl for 4 ppl) in a large bowl.



Sear duck

Heat the same pan over medium. Add **duck**, skin side down, to the dry pan, then the **rosemary**. Sear, until the skin is crispy, 8-10 min. Flip and cook until lightly seared, 3-4 min. Transfer to a parchment-lined baking sheet, skin side up. Roast in the **top** of the oven, until cooked through, 10-12 min.** Reserve **½ tbsp duck fat** (dbl for 4 ppl) in the pan, then discard any excess. Carefully remove and discard **rosemary sprig** and any **leaves**.



Cook sauce

Heat the same pan with **duck fat** (from step 2) over medium-high. Add **broth concentrate**, **remaining vinegar**, **half the apricot spread** (use all for 4 ppl) and **½ cup water** (dbl for 4 ppl) to the pan. Cook until **sauce** slightly thickens and reduces, 2-3 min. Add **1 tbsp butter** (dbl for 4 ppl), then swirl pan to melt. Season with **salt**.



Roast sweet potatoes

While **duck** cooks, cut **sweet potatoes** into ¼-inch rounds. Add **sweet potatoes** and **1 tbsp oil** (dbl for 4 ppl) to another baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 16-18 min. (**NOTE:** For 4 ppl, use 2 baking sheets. Roast in the middle and bottom of the oven, rotating halfway through.)



Finish and serve

Add **arugula and spinach mix** to the bowl with **vinaigrette**. Toss to coat. Slice **duck**. Divide **duck**, **sweet potatoes** and **salad** between plates. Spoon **apricot sauce** over the **duck**. Sprinkle **almonds** over **salad**.

Dinner Solved!