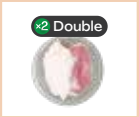




Seared Duck in Orange-Apricot Sauce

with Almonds and Rosemary Roasted Potatoes

Special Plus 40 Minutes



Double Duck Breast
4 | 8

Custom Recipe

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Duck Breast
2 | 4



Rosemary
1 sprig | 2 sprigs



Apricot Spread
2 tbsp | 4 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 | 28 g



Russet Potato
2 | 4



All-Purpose Flour
1 tbsp | 2 tbsp



Navel Orange
1 | 2



Shallot
1 | 2

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.

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | 2 Baking sheets, medium non-stick pan, measuring spoons, zester, large bowl, parchment paper, small bowl, measuring cups, whisk, large non-stick pan, paper towels

1



Cook duck

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

*2 Double | Duck Breast

- 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.
- Transfer **duck** to a parchment-lined baking sheet, skin-side up. Roast in the **bottom** of the oven until cooked through, 8-12 min.**
- Discard all but **1 tbsp** (2 tbsp) **duck fat** from the pan.
- When **duck** is done, transfer to a plate to rest, 3-5 min.

4



Make vinaigrette and toast almonds

- Heat a medium non-stick pan over medium heat.
- When the pan is hot, add **almonds** to the dry pan.
- Toast, stirring often, until golden-brown, 4-5 min. (TIP: Keep your eye on them so they don't burn!)
- Transfer **toasted almonds** to a plate.
- While the pan heats, add **vinegar**, $\frac{1}{2}$ **tsp** (1 tsp) **orange zest**, **1 tsp** (2 tsp) **apricot spread** and **1 tbsp** (2 tbsp) **oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine.

2



Roast potatoes

- Meanwhile, cut **potatoes** into $\frac{1}{4}$ -inch rounds.
- Strip **rosemary leaves** from stem, then finely chop.
- Add **potatoes**, **rosemary** and **1 tbsp oil** to another parchment-lined baking sheet. (NOTE: For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 22-25 min. (NOTE: For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)

5



Cook orange-apricot sauce

- When **duck** is almost done roasting, heat the pan with **reserved duck fat** (from step 1) over medium.
- When hot, add **shallots**. Cook, stirring often, until softened slightly, 1-2 min.
- Sprinkle **flour** over **shallots**. Cook, stirring often, until coated, 30 sec.
- Gradually whisk in $\frac{1}{2}$ **cup** (1 cup) **water**, **broth concentrate**, **orange juice** and **remaining apricot spread**. Increase heat to medium-high and bring to a simmer.
- Once simmering, cook, whisking often, until **sauce** thickens slightly, 1-2 min.
- Add **1 tbsp** (2 tbsp) **butter** and season with **salt**, then stir to combine.
- Remove the pan from heat.

3



Prep

- Meanwhile, peel, then cut **shallot** into $\frac{1}{4}$ -inch pieces.
- Zest **orange**.
- Cut a piece off the **top** and **bottom ends of orange**. Place a flat end on a cutting board, then cut the peel away from top to bottom to expose flesh, turning **orange** as you go.
- Place **orange** on its side and cut into $\frac{1}{4}$ -inch rounds.
- Squeeze juice from **orange peels** and collect any juices on the cutting board in a small bowl to get **3 tbsp** (6 tbsp) **orange juice**. (NOTE: If you don't have enough juice, squeeze an orange slice.)

6



Finish and serve

- Add **arugula and spinach mix** and **orange slices** to the bowl with **vinaigrette**. Toss to coat.
- Thinly slice **duck**.
- Divide **duck**, **potatoes** and **salad** between plates.
- Spoon **orange-apricot sauce** over **duck**.
- Sprinkle **almonds** over **salad**.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

1 | Cook duck

*2 Double | Duck Breast

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.

** Cook to a minimum internal temperature of 74°C/165°F, which will yield a medium-well doneness.



Issue with your meal? Scan the QR code to share your feedback.