

Seared Duck in Orange-Apricot Sauce

with Almonds and Rosemary Roasted Potatoes

Special Plus 40 Minutes



Duck Breast



Rosemary



Apricot Spread



White Wine Vinegar



Chicken Broth Concentrate



Arugula and Spinach Mix



Almonds, sliced



Russet Potato



All-Purpose Flour



Navel Orange



Shallot

HELLO APRICOT SPREAD

Tart, sweet and perfect for sauces and dressings!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Duck Breast	2	4
Rosemary	1 sprig	2 sprig
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	460 g	920 g
All-Purpose Flour	1 tbsp	2 tbsp
Navel Orange	1	2
Shallot	50 g	100 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum 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.

Contact

Call us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA



Cook duck

- 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 duck fat** (dbl for 4 ppl) from the pan.
- When **duck** is done, transfer to a plate to rest for 3-5 min.



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 almonds so they don't burn!)
- Transfer **almonds** to a plate.
- While the pan heats, add **vinegar**, **½ tsp orange zest**, **1 tsp apricot spread** and **1 tbsp oil** (dbl all for 4 ppl) to a large bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.



Roast potatoes

- Meanwhile, cut **potatoes** into ¼-inch rounds.
- Strip **rosemary leaves** from stems, then finely chop.
- Add **potatoes**, **rosemary** and **1 tbsp oil** to a 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.)



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 **½ cup water** (dbl for 4 ppl), **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 butter** (dbl for 4 ppl) and season with **salt**, to taste, then stir to combine.
- Remove the pan from heat.



Prep

- Meanwhile, peel, then cut **shallot** into ¼-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 the **flesh**, turning **orange** as you go.
- Place **orange** on its side and cut into ¼-inch rounds.
- Squeeze **juice** from **orange peels** and collect **any juices** on the cutting board in a small bowl to get **3 tbsp orange juice** (dbl for 4 ppl). (**NOTE**: If you don't have enough juice, squeeze an orange slice.)



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**.

Dinner Solved!