

Seared Duck in Orange-Apricot Sauce

with Almonds and Rosemary Roasted Potatoes

Special Plus

40 Minutes





Duck Breast



2 | 4





Apricot Spread





2 tbsp | 4 tbsp





Chicken Broth Concentrate



1 | 2





Almonds, sliced



28 g | 28 g

Russet Potato 2 | 4



All-Purpose Flour 1 tbsp | 2 tbsp



Navel Orange 1 | 2



Shallot 1 | 2

Allengens 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. 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



Cook duck

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



Roast potatoes

- Meanwhile, cut **potatoes** into 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.)



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 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 (6 tbsp) orange juice. (NOTE: If you don't have enough juice, squeeze an orange slice.)



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 toasted almonds to a plate.
- While the pan heats, add vinegar, ½ 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.



Cook orange-apricot sauce

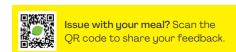
- When duck is almost done roasting, heat the pan with reserved duck fat (from step 1) over medium.
- When hot, add **shallots**. Cook, stirring often, until softened slightly, 1-2 min.
- Sprinkle flour over shallots. Cook, stirring often, until coated, 30 sec.
- Gradually whisk in ½ cup (1 cup) water, 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.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.



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

(2 tbsp)

1 tbsp

oil

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