



# CHERRY ANCHO DUCK BREASTS

with Pistachio Rice & Roasted Carrots

PREMIUM PICKS

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Duck Breasts



12 oz | 24 oz  
Carrots



2 | 4  
Scallions



½ Cup | 1 Cup  
Jasmine Rice



1 | 2  
Cherry Jam



1 | 2  
Chicken  
Demi-Glace  
Contains: Milk



1 tsp | 2 tsp  
Ancho Chili  
Powder



1 oz | 2 oz  
Dried Cherries



1 oz | 2 oz  
Pistachios  
Contains: Tree Nuts



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## HELLO

### ANCHO CHILI POWDER

This smoky spice features mild heat and  
fruity flavor.

PREP: 10 MIN | COOK: 40 MIN | CALORIES: 900



# HELLO FRESH

## EYES ON THE PRIZE

Keep a close eye on the duck as it cooks in the pan in step 1.

If the skin begins to char in places, lower the heat and cook until it's evenly browned and crisp all over.

## BUST OUT

- Paper towels
- Large pan
- Baking sheet
- Small pot
- Small bowl
- Kosher salt
- Black pepper
- Olive oil (1 TSP | 1 TSP)
- Butter (2 TBSP | 4 TBSP)  
Contains: Milk

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\*Duck is fully cooked when internal temperature reaches 165°.



### 1 CRISP DUCK

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Pat **duck\*** dry with paper towels; season all over with **salt** and **pepper**.
- Place duck, skin sides down, in a large, preferably nonstick, pan. Cook over medium heat, carefully pouring off fat as it renders, until skin is crisp, 15-20 minutes. **(Don't flip duck just yet.)**



### 4 MAKE SAUCE & FINISH DUCK

- In a small bowl, combine **jam**, **demi-glace**, **chili powder**, and  $\frac{1}{4}$  cup water.
- Once skin is crisp, flip **duck** in pan. Pour in **jam mixture** and add **dried cherries**. Simmer until sauce has thickened and duck is cooked to desired doneness, 3-5 minutes.
- Leaving sauce in pan, transfer duck to a cutting board. **TIP: If sauce is too thick, add 1-2 TBSP water (3-4 TBSP for 4 servings).**



### 2 PREP & ROAST CARROTS

- While duck cooks, trim, peel, and cut **carrots** on a diagonal into  $\frac{1}{2}$ -inch-thick pieces. Trim and thinly slice **scallions**, separating whites from greens.
- Toss carrots on a baking sheet with a **drizzle of olive oil**, **salt**, and **pepper**. Roast on top rack until browned and tender, 20-25 minutes.



### 5 FINISH SAUCE & RICE

- Reduce heat under pan with **sauce** to low and stir in **1 TBSP butter (2 TBSP for 4 servings)**. Once butter has melted, season with **salt** and **pepper**; turn off heat and set aside.
- Fluff **rice** with a fork; stir in **pistachios**. Season with **salt** and **pepper**.



### 3 COOK RICE

- Melt **1 TBSP butter (2 TBSP for 4 servings)** in a small pot over medium-high heat. Add **scallion whites** and cook, stirring occasionally, until just softened, 1 minute.
- Stir in **rice** and  $\frac{3}{4}$  cup water (**1 $\frac{1}{2}$  cups for 4**). Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to use in step 5.



### 6 FINISH & SERVE

- Slice **duck** crosswise.
- Divide **rice**, duck, and **carrots** between plates. Drizzle **sauce** over duck. Garnish with **scallion greens** and serve.

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