



# DUCK A L'ORANGE

with Duck Fat Mashed Potatoes and Arugula Almond Salad



**HELLO**  
**MAPLE LEAF FARMS**  
 Maple Leaf Farms is a fourth generation, family owned company who is dedicated to producing quality duck products.



PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 810

-  Yukon Gold Potatoes
-  Maple Leaf Farms Duck Breasts
-  Shallot
-  Sour Cream (Contains: Milk)
-  Chicken Stock Concentrate
-  Arugula
-  Thyme
-  Orange
-  Red Wine Vinegar
-  Apricot Jam
-  Dijon Mustard
-  Almonds (Contains: Tree Nuts)

## START STRONG

Wondering how to best reserve the duck fat in step 2? Have a spoon handy! As it renders, occasionally tilt the pan toward you and carefully scoop the fat into a small bowl.

## BUST OUT

- Large pot
- Strainer
- Paper towels
- Large pan
- 3 Small bowls
- Sugar (1 tsp | 1½ tsp)
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 3 TBSP)  
(Contains: Milk)
- Zester
- Potato masher
- Large bowl
- Kosher salt
- Black pepper

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Yukon Gold Potatoes **12 oz** | **24 oz**
- Thyme **¼ oz** | **½ oz**
- Maple Leaf Farms Duck Breasts\* **12 oz** | **24 oz**
- Shallot **1** | **1**
- Red Wine Vinegar **5 tsp** | **10 tsp**
- Orange **1** | **2**
- Apricot Jam **2 TBSP** | **4 TBSP**
- Chicken Stock Concentrate **1** | **2**
- Sour Cream **2 TBSP** | **4 TBSP**
- Dijon Mustard **2 tsp** | **4 tsp**
- Arugula **2 oz** | **4 oz**
- Almonds **1 oz** | **2 oz**

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

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

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## 1 COOK POTATOES

**Wash and dry all produce.** Dice **potatoes** into ½-inch pieces (for a smoother texture, peel potatoes first). Place in a large pot with half the **thyme sprigs** and enough **salted water** to cover by 2 inches. Bring to a boil and cook until tender, 15-20 minutes. Remove and discard thyme sprigs. Reserve **¼ cup potato cooking liquid**, then drain and return potatoes to pot.



## 4 FINISH DUCK AND MAKE SAUCE

Once skin is crisp, flip over **duck** in pan and cook to desired doneness, 3-5 minutes more. Transfer to a cutting board to rest. Add **chopped thyme** to same pan over medium heat and cook until fragrant, 30-60 seconds. Stir in **orange juice mixture** and bring to a simmer. Cook until thickened, 2-3 minutes. Stir in **1 TBSP butter** until melted; turn off heat.



## 2 SEAR DUCK AND PICKLE SHALLOT

Pat **duck** dry with paper towels; season all over with **salt** and **pepper**. Place skin sides down in a large, preferably nonstick, pan. Cook over medium heat until skin is crisp, carefully reserving fat in a small bowl as it renders, 15-20 minutes. **TIP:** Lower heat if skin browns too quickly.) Meanwhile, halve and peel **shallot**; thinly slice one half (all for 4). Toss sliced shallot in a separate small bowl with half the **vinegar**, **1 tsp sugar** (1½ tsp for 4), and a big pinch of **salt** and **pepper**.



## 5 MASH POTATOES

Heat pot with drained **potatoes** over medium-low heat. Add **sour cream** and **1 TBSP butter** (2 TBSP for 4 servings); mash, adding up to **¼ cup reserved potato cooking liquid** as necessary until smooth. Stir in **reserved duck fat** to taste. Season with **salt** and **pepper**. Keep covered off heat.



## 3 PREP

Zest **orange** until you have 1 tsp (2 tsp for 4 servings); halve orange. Squeeze juice from one half into a third small bowl. Peel remaining orange half; dice into ½-inch pieces. (For 4, squeeze juice from two halves; peel and dice remaining orange.) To bowl with juice, add **jam**, **stock concentrate**, half the **orange zest**, and remaining **vinegar**. Pick **thyme leaves** from remaining sprigs until you have 1 tsp (2 tsp for 4); roughly chop leaves.



## 6 MAKE SALAD AND SERVE

In a large bowl, combine **pickling liquid** from shallot, **mustard**, a large drizzle of **olive oil**, remaining **orange zest**, and a pinch of **salt** and **pepper**. Toss with **arugula**, **shallot**, **orange pieces**, and **almonds**. Season with **salt** and **pepper**. Slice **duck** crosswise. Divide between plates with salad and **potatoes**. Spoon **sauce** over duck.

## ON REPEAT

Make our easy brine from step 2 again to quickly pickle sliced cucumbers, carrots, and more!

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