



DUCK A L'ORANGE

with Duck Fat-Mashed Potatoes & Arugula Almond Salad



HELLO
DUCK A L'ORANGE
Our take on this iconic French dish, popularized by Julia Child in the '60s, features duck breast and a jammy orange sauce.

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 770

-  Yukon Gold Potatoes
-  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 the fat renders, occasionally tilt the pan toward you and carefully scoop it 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**
- 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 **½ oz** | **1 oz**

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



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 ½ **cup potato cooking liquid**, then drain and return potatoes to pot.



4 FINISH DUCK & 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 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 & 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. Mash with **sour cream** and **1 TBSP butter** (2 TBSP for 4 servings) until smooth and creamy, adding splashes of **reserved potato cooking liquid** as needed. 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 **orange 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 & 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**, **pickled shallot**, **diced orange**, and **almonds**. Season with **salt** and **pepper**. Slice **duck** crosswise. Divide between plates with **salad** and **potatoes**. Spoon **sauce** over duck and serve.

ON REPEAT

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

Share your #HelloFreshPics with us! | (646) 846-3663 HelloFresh.com

WK 29 NJ-11