



DUCK A L'ORANGE

with Duck Fat Mashed Potatoes & Arugula Almond Salad

GOURMET

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Yukon Gold
Potatoes



¼ oz | ¼ oz
Thyme



12 oz | 24 oz
Duck Breasts



1 | 1
Shallot



5 tsp | 10 tsp
Red Wine
Vinegar



1 | 2
Orange



2 TBSP | 4 TBSP
Apricot Jam



1 | 2
Chicken Stock
Concentrate



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



2 tsp | 4 tsp
Dijon Mustard



2 oz | 4 oz
Arugula



½ oz | ½ oz
Almonds
Contains: Tree Nuts

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 | COOK: 40 MIN | CALORIES: 820



SCOOP, THERE IT IS

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
- Zester
- Potato masher
- Large bowl
- Kosher salt
- Black pepper
- Sugar (1 tsp | 1½ tsp)
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 3 TBSP)
Contains: Milk

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



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 a few **thyme sprigs** (you'll use the rest in step 3) 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

- Meanwhile, 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, carefully reserving **fat** in a small bowl as it renders, until skin is crisp, 15-20 minutes. **TIP: Lower heat if skin begins to brown too quickly.**
- While duck cooks, halve and peel **shallot**; thinly slice one half (**whole shallot for 4 servings**). Toss **sliced shallot** in a separate small bowl with half the **vinegar** (you'll use the rest in the next step), **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**.
- Strip **thyme leaves** from remaining sprigs until you have 1 tsp (2 tsp for 4); roughly chop leaves.



6 FINISH & 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.