



# 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

\*The ingredient you received may be a different color.

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: 770



# HELLO FRESH

## 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.
- Keep covered off heat until ready to mash.



## 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 along with **salad** and **potatoes**. Spoon **sauce** over duck and serve.

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