



DUCK À L'ORANGE

with Duck-Fat Mashed Potatoes & Arugula Almond Salad

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
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



1 | 2
Apricot Jam



1 | 2
Chicken Stock
Concentrate



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



2 tsp | 4 tsp
Dijon Mustard



2 oz | 4 oz
Arugula



½ oz | ½ oz
Sliced Almonds
Contains: Tree Nuts



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.

HELLO

DUCK À L'ORANGE

Our take on this iconic French dish, popularized by Julia Child in the '60s, features duck breast swimming in a jammy orange sauce.



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



HELLO FRESH

DUCK, DUCK, BOOST

As the duck skin crisps in step 2, fat will be released into the pan. Occasionally tilt the pan away from you and carefully spoon the drippings into a small bowl. Trust us: You'll want to save them for flavoring the mashed potatoes in step 5.

BUST OUT

- Large pot
- 3 Small bowls
- Strainer
- Zester
- Paper towels
- Potato masher
- Large pan
- 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 produce.
- Dice **potatoes** into ½-inch pieces. (TIP: 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 **duck** 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, peel, and thinly slice **half the shallot** (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 until ready to serve.



3 PREP & MIX

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



6 FINISH & SERVE

- In a large bowl, combine **shallot pickling liquid**, **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 **mashed potatoes**. Spoon **sauce** over duck and serve.

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