



# PAN-SEARED DUCK BREASTS

with Duck-Fried Potatoes, Asparagus, and Grape Tomatoes



## HELLO PAN-SEARED DUCK

Crisped in the pan to bring out its ultra-rich flavor

PREP: 5 MIN

TOTAL: 35 MIN

CALORIES: 600



Fingerling Potatoes



Chives



Grape Tomatoes



Asparagus



Duck Breasts



Chicken Demi-Glace  
(Contains: Milk)



## START STRONG

You can score (make shallow slits in) the skin before adding duck to the pan to allow the fat to render more quickly.

## BUST OUT

- Medium pot
- Strainer
- Paper towel
- Large pan
- Butter (2 TBSP | 4 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

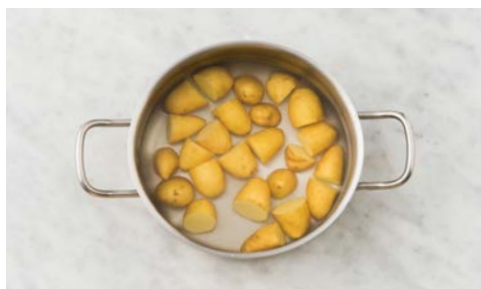
- Fingerling Potatoes 12 oz | 24 oz
- Asparagus 6 oz | 12 oz
- Chives ¼ oz | ½ oz
- Duck Breasts 12 oz | 24 oz
- Grape Tomatoes 4 oz | 8 oz
- Chicken Demi-Glace 1 | 2

## HELLO WINE



PAIR WITH  
Septimania Corbières Rouge, 2016

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



**1 BOIL POTATOES AND PREP**  
**Wash and dry all produce.** Cut **potatoes** in half. Place in a medium pot with enough **salted water** to cover by 1 inch. Bring to a boil and cook until easily pierced by a knife, about 15 minutes. Drain well and return to pot. Meanwhile, trim and discard bottom woody ends from **asparagus**. Mince **chives**. Pat **duck** dry with a paper towel.



**4 COOK VEGGIES**  
While potatoes cook, add **asparagus**, **tomatoes**, and a drizzle of **duck fat** to pan used for duck over medium-high heat. Cook, tossing occasionally, until asparagus is lightly browned and tender and tomatoes burst, 3-5 minutes. Season with **salt** and **pepper**. Remove from pan and transfer to a plate.



**2 COOK DUCK**  
Season **duck** generously with **salt** and **pepper**, then place skin-side down in a large pan. Cook over medium heat until skin is crisp and most of the fat has rendered, 10-15 minutes, pouring off and reserving **fat** as it renders. (**TIP:** Lower heat if skin burns.) Flip duck over and cook to desired doneness, 2-5 minutes more. Remove from pan and let rest.



**5 MAKE SAUCE**  
Add **demi-glace**, ¼ cup **water**, and **2 TBSP butter** to same pan. Bring to a boil, then remove from heat. Stir to combine. Season to taste with **salt** and **pepper**.



**3 CRISP POTATOES**  
Add just enough reserved **duck fat** to pot with **potatoes** to cover bottom surface. Place pot over medium-high heat and cook potatoes, tossing, until skins are crisp and browned, 3-5 minutes. Remove from pot and season with **salt** and **pepper**.



**6 FINISH AND PLATE**  
Slice **duck** crosswise. Divide between plates along with **potatoes** and **veggies**. Spoon **sauce** over everything. Sprinkle with **chives**.

## MARVELOUS!

Crispy, creamy duck-fried potatoes make this meal into a celebration.

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