









# PAN-SEARED DUCK BREASTS with Duck-Fried Potatoes, Asparagus, and Grape Tomatoes



HELLO  
PAN-SEARED DUCK  
The richly flavored meat is perfect  
for a special occasion.

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 (aka 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 towels
- Large pan
- Kosher salt
- Black pepper
- 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** | **¼ oz**
- Duck Breasts\* **12 oz** | **24 oz**
- Grape Tomatoes **4 oz** | **8 oz**
- Chicken Demi-Glace **1** | **2**

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

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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# HelloFRESH



**1 BOIL POTATOES AND PREP** Wash and dry all produce. Halve **potatoes** lengthwise. Place in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until easily pierced with a fork, 12-15 minutes. Drain well, then return potatoes to pot. Meanwhile, trim and discard woody ends from **asparagus**. Mince **chives**.



**4 COOK VEGGIES** Meanwhile, add **asparagus** and **2 tsp water** (4 tsp for 4 servings) to pan used for duck over medium heat. Cover and steam until bright green, 2-4 minutes. Uncover, then increase heat to medium-high and add a drizzle of **duck fat** and **tomatoes**. Cook, stirring occasionally, until asparagus is tender and tomatoes burst, 3-5 minutes. Season with **salt** and **pepper**. Transfer to a plate and set aside.

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**2 COOK DUCK** Pat **duck** dry with paper towels; season generously with **salt** and **pepper**. Place skin sides down in a large pan. Cook over medium heat until skin is crisp and most of the fat has rendered, 15-20 minutes, pouring off and reserving **fat** as it renders. (**TIP:** Lower heat if skin begins to brown too quickly.) Flip duck and cook to desired doneness, about 5 minutes more. Transfer to a cutting board and let rest.



**5 MAKE SAUCE** Stir **demi-glace**, **¼ cup water** (⅓ cup for 4 servings), and **2 TBSP butter** (4 TBSP for 4) into same pan. Bring to a boil, then remove from heat. Season with **salt** and **pepper**.



**3 CRISP POTATOES** Add just enough reserved **duck fat** to pot with **potatoes** to cover bottom surface. Heat pot over medium-high heat and cook, stirring, until potatoes are browned and crisp, 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**.

## IMPRESSIVE

Try making a big batch of duck-fried fingerlings for a dinner party with a side of garlic mayo for dipping!

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