



BALSAMIC NECTARINE DUCK BREASTS

with Zesty Rice and Watercress Salad



HELLO
BALSAMIC NECTARINE SAUCE
 The summer stone fruit is allowed to shine in this tangy topping.

PREP: 15 MIN | TOTAL: 45 MIN | CALORIES: 830



Duck Breasts



Shallot



Mint



Sliced Almonds
 (Contains: Tree Nuts)



Balsamic Glaze



Watercress



Nectarine



Scallions



Lemon



Jasmine Rice



Chicken Stock Concentrate

START STRONG

Take your time with the duck, cooking it over moderate heat to allow it to gradually release its fat. Press down gently from time to time to ensure contact with the pan, which will make it crispy.

BUST OUT

- Medium pan
- Small pan
- Zester
- Medium pot
- Small bowl
- Medium bowl
- Vegetable oil (1 tsp | 2 tsp)
- Olive oil (2 tsp | 4 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Duck Breasts **12 oz** | **24 oz**
- Nectarine **1** | **2**
- Shallot **1** | **2**
- Scallions **2** | **4**
- Mint **¼ oz** | **½ oz**
- Lemon **1** | **1**
- Sliced Almonds **1 oz** | **2 oz**
- Jasmine Rice **½ Cup** | **1 Cup**
- Balsamic Glaze **5 tsp** | **10 tsp**
- Chicken Stock Concentrate **1 tsp** | **2 tsp**
- Watercress **2 oz** | **4 oz**

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 PREP DUCK
Wash and dry all produce. Pat duck dry with a paper towel. Using a sharp knife, make shallow slits in skin in a crosshatch pattern. Season with plenty of salt and pepper.



2 COOK DUCK
Add duck skin-side down to a medium pan and place over medium heat. Cook until fat renders and skin is crisp, 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 set aside.



3 PREP
Meanwhile, cut nectarine into ¼-inch cubes. Peel shallot, then slice into thin rings. Thinly slice scallions on a diagonal. Pick and chop enough mint leaves to give you 1 tsp (save the rest for another use). Zest lemon, then squeeze 2 TBSP juice into a small bowl.



4 TOAST ALMONDS AND COOK RICE
Add almonds and a drizzle of oil to a small pan and place over medium-high heat. Toast, tossing, until golden brown, about 5 minutes. Transfer to a plate, season with salt, and set aside. Bring 1 cup water to a boil in a medium pot, then stir in rice. Cover, lower heat, and reduce to a gentle simmer. Cook until tender, about 10 minutes. Once done, stir in scallions, lemon zest, and 1 TBSP butter; season with salt and pepper.



5 MAKE NECTARINE SAUCE
Return pan used for duck to medium heat and add 1 TBSP reserved fat. Add shallot and nectarine. Cook until just softened, 4-6 minutes. Stir in balsamic glaze, scraping up any browned bits on bottom of pan. Stir in 3 TBSP water, 1 TBSP butter, and 1 tsp stock concentrate (save the rest for another use). Remove pan from heat. Stir in chopped mint.



6 TOSS SALAD AND SERVE
In a medium bowl, toss watercress with a large drizzle of olive oil and lemon juice to taste (start with half and add more from there). Season with salt and pepper. Toss in almonds. Slice duck crosswise and divide between plates. Spoon nectarine sauce over. Arrange rice and salad to the side.

CHEERS!

You've got the epitome of a perfect summer meal.

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