



# CHERRY ANCHO DUCK BREASTS with Pistachio Rice & Roasted Carrots

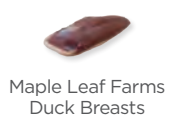


**HELLO**  
**MAPLE LEAF FARMS**  
 Maple Leaf Farms is a fourth generation, family owned company who is dedicated to producing quality duck products.

PREP: 10 MIN

TOTAL: 40 MIN

CALORIES: 910



Maple Leaf Farms Duck Breasts



Scallions



Cherry Jam



Ancho Chili Powder



Pistachios  
(Contains: Tree Nuts)



Baby Carrots



Jasmine Rice



Chicken Demi-Glace  
(Contains: Milk)



Dried Cherries

## START STRONG

Keep a close eye on the duck as it cooks in the pan in step 1. If you see the skin charring in spots, lower the heat until it's evenly browned and crisp.

## BUST OUT

- Paper towels
- Small bowl
- Large pan
- Kosher salt
- Baking sheet
- Black pepper
- Small pot
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)  
(Contains: Milk)

## INGREDIENTS

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

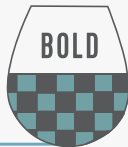
- Maple Leaf Farms Duck Breasts\* **12 oz | 24 oz**
- Baby Carrots **8 oz | 16 oz**
- Scallions **2 | 4**
- Jasmine Rice **½ Cup | 1 Cup**
- Cherry Jam **2 TBSP | 4 TBSP**
- Chicken Demi-Glace **1 | 2**
- Ancho Chili Powder **1 tsp | 2 tsp**
- Dried Cherries **1 oz | 2 oz**
- Pistachios **1 oz | 2 oz**

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

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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



# HelloFRESH



## 1 CRISP DUCK

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Pat **duck** dry with paper towels and season with **salt** and **pepper**. Place skin sides down in a large, preferably nonstick, pan. Cook over medium heat until skin is crispy, 15-20 minutes, carefully pouring out fat as it's released (don't flip duck just yet).



## 4 FINISH DUCK & SIMMER SAUCE

In a small bowl, combine **jam**, **demi-glace**, **chili powder**, and **¼ cup water**. Once skin is crisp, flip over **duck** in pan. Pour in jam mixture and add **dried cherries**. Let simmer until sauce is thick and duck is cooked to desired doneness, 3-5 minutes. Leaving sauce in pan, transfer duck to a cutting board. **TIP:** If sauce is too thick, add a tablespoon or two of water (double for 4 servings).

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | [hello@hellofresh.com](mailto:hello@hellofresh.com)



## 2 ROAST CARROTS & PREP

Meanwhile, trim and halve **carrots** lengthwise. Toss on a baking sheet with a large drizzle of **olive oil**. Season with **salt** and **pepper**. Roast on top rack until tender and slightly browned at edges, 20-25 minutes. While carrots roast, trim and thinly slice **scallions**, separating whites from greens.



## 5 FINISH SAUCE & RICE

Reduce heat under pan with **sauce** to low and stir in **1 TBSP butter** (2 TBSP for 4 servings). Once butter has melted, season with **salt** and **pepper**; turn off heat and set aside. Fluff **rice** with a fork, then stir in **pistachios**. Season with **salt** and **pepper**.



## 3 COOK RICE

Melt **1 TBSP butter** (2 TBSP for 4 servings) in a small pot over medium-high heat. Add **scallion whites** and cook, stirring occasionally, until just softened, 1 minute. Stir in **rice** and **¾ cup water** (1½ cups for 4). Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat.



## 6 SERVE

Slice **duck** crosswise; divide between plates with **rice**. Pour **sauce** over duck. Serve with **carrots** on the side. Garnish with **scallion greens**.

## UPCYCLE!

Instead of discarding the duck fat in step 1, save it for stirring into mashed potatoes for an extra-rich bite.

WK 52 NJ-11