



DUCK A L'ORANGE

with Duck Fat Mashed Potatoes and Arugula-Almond Salad



HELLO
DUCK A L'ORANGE
Our take on this iconic French dish, popularized by Julia Child in the '60s, features duck breast and a jammy orange glaze.

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 820

- Yukon Gold Potatoes
- Duck Breasts
- Shallot
- Sour Cream (Contains: Milk)
- Chicken Stock Concentrate
- Arugula
- Thyme
- Orange
- Red Wine Vinegar
- Apricot Jam
- Dijon Mustard
- Almonds (Contains: Tree Nuts)

START STRONG

Wondering how to best reserve the duck fat in step 2? Have a spoon handy! As the fat renders, occasionally tilt the pan toward you and carefully scoop it out into a small bowl.

BUST OUT

- Large pot
- Zester
- Strainer
- Potato masher
- Paper towels
- Large bowl
- Large pan
- Kosher salt
- 3 Small bowls
- Black pepper
- Sugar (1 tsp | 1½ tsp)
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 3 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Yukon Gold Potatoes 12 oz | 24 oz
- Thyme ¼ oz | ½ oz
- Duck Breasts* 12 oz | 24 oz
- Shallot 1 | 1
- Orange 1 | 2
- Apricot Jam 2 TBSP | 4 TBSP
- Chicken Stock Concentrate 1 | 2
- Red Wine Vinegar 5 tsp | 10 tsp
- Sour Cream 2 TBSP | 4 TBSP
- Dijon Mustard 2 tsp | 4 tsp
- Arugula 2 oz | 4 oz
- Almonds 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.

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1 COOK POTATOES

Wash and dry all produce. Dice **potatoes** into ½-inch pieces (for a smoother texture, peel potatoes first). Place in a large pot with half the **thyme sprigs** 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 ¼ **cup potato cooking liquid**, then drain and return potatoes to pot.



4 FINISH DUCK AND MAKE GLAZE

Once skin is crisp, flip over **duck** in pan 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 to 1 minute. 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.

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2 SEAR DUCK AND 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 until skin is crisp, carefully reserving fat in a small bowl as it renders, 15-20 minutes. **(TIP: Lower heat if skin browns too quickly.)** Meanwhile, halve, peel, and thinly slice **shallot**; toss in a separate small bowl with half the **vinegar**, **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. Add **sour cream** and **1 TBSP butter** (2 TBSP for 4 servings); mash, adding up to ¼ **cup potato cooking liquid**, as necessary, until smooth. Stir in reserved **duck fat**, to taste. Season with **salt** and **pepper**. Cover to keep warm.



3 PREP

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



6 MAKE SALAD AND SERVE

In a large bowl, combine **pickling liquid** from shallot, **mustard**, a large drizzle of **olive oil**, remaining **orange zest**, and a pinch of **salt** and **pepper**. Toss with **arugula**, **shallot**, **orange pieces**, and **almonds**. Season with **salt** and **pepper** to taste. Slice **duck** crosswise. Divide between plates with salad and **potatoes**. Spoon **glaze** over duck.

PICKLE ME THIS

Try making our easy brine in step 2 again to quickly pickle thinly sliced cucumbers, carrots, and more!

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