



# MAPLE-GLAZED DUCK

with Blood Orange Salad and Rosemary Fingerling Potatoes



**HELLO**  
**BLOOD ORANGE**  
 The citrus fruit's red pigment isn't just stunning—it's also a source of antioxidants.

PREP: 10 MIN | TOTAL: 45 MIN | CALORIES: 550

-   
Fingerling Potatoes
-   
Rosemary
-   
Blood Orange
-   
Whole Grain Mustard
-   
Duck Breasts
-   
Garlic
-   
Maple Syrup
-   
Arugula

## START STRONG

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



## BUST OUT

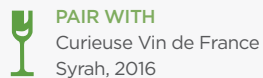
- 2 Large pans
- Small bowl
- Strainer
- Medium bowl
- Paper towel
- Zester
- Olive oil (1 tsp | 2 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- Fingerling Potatoes 12 oz | 24 oz
- Duck Breasts 12 oz | 24 oz
- Rosemary ¼ oz | ½ oz
- Garlic 2 Cloves | 2 Cloves
- Blood Orange 1 | 2
- Maple Syrup 2 TBSP | 4 TBSP
- Whole Grain Mustard 1 TBSP | 2 TBSP
- Arugula 2 oz | 4 oz

## HELLO WINE



**PAIR WITH**  
Curieuse Vin de France  
Syrah, 2016

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

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## 1 COOK POTATOES

**Wash and dry all produce.** Cut **potatoes** in half lengthwise. Place in a large, tall-sided pan or large 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 thoroughly and return to pot.

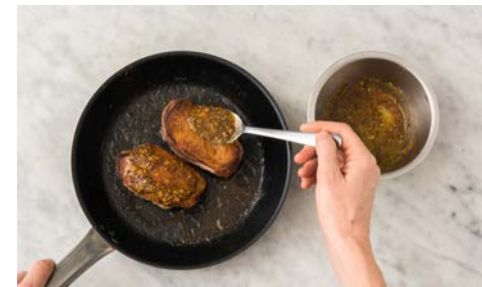


## 4 CRISP POTATOES

Adjust heat under pan with drained **potatoes** to medium-high, then pour in just enough reserved **duck fat** to cover bottom surface in a very thin layer. Add **2 tsp chopped rosemary**. Cook, tossing, until potatoes are crisped and browned, 3-4 minutes. Toss in **garlic** and cook until fragrant, 1-2 minutes more. Season with **salt and pepper**, then remove potatoes from pan.

## 2 COOK DUCK

Pat **duck** dry with a paper towel. Season with **salt and pepper**. Place skin-side down in another large pan. Cook over medium heat until skin is crisp and most of the **fat** has rendered, 12-14 minutes, pouring off and reserving fat as it renders. (**TIP:** Lower heat if skin burns.)

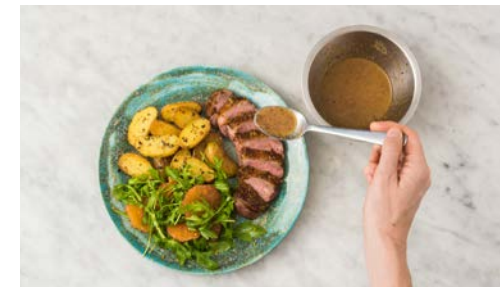


## 5 GLAZE DUCK

Combine **maple syrup**, **1 tsp mustard**, **orange zest**, and remaining **chopped rosemary** in a small bowl (we'll use more of the mustard later). Once skin is crisp, flip **duck** over in pan. Spoon maple syrup mixture over duck. Cook until mixture is thick and sticky and duck reaches desired doneness, 2-5 minutes. Remove duck from pan and set aside on a plate to rest. Pour remaining **sauce** in pan into a small bowl (you can use the same one as before).

## 3 PREP

Pick and roughly chop enough **rosemary leaves** to give you 1 TBSP. Mince or grate **garlic**. Zest **orange** until you have 1 tsp zest, then remove peel from flesh. Slice flesh crosswise into rounds.



## 6 TOSS SALAD AND SERVE

Place **arugula**, **orange rounds**, a drizzle of **olive oil**, and another **1 tsp mustard** in a medium bowl and toss to combine. Season with **salt and pepper**. Stir another 1 tsp mustard into bowl with reserved **sauce**, along with any juices released by **duck** (you'll have mustard left over). Slice duck crosswise, then divide duck, **potatoes**, and **salad** between plates. Drizzle sauce over duck.

## OUTSTANDING!

Juicy blood orange elevates this duck à l'orange to the max.

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