



# Cranberry-Ginger Duck Breast

## with Garlicky Veggies and Jewelled Rice

Special Plus

40 Minutes

Customized Protein + Add ↻ Swap or ×2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Duck Breast  
2 | 4



Wild Rice Medley  
½ cup | 1 cup



Sugar Snap Peas  
227 g | 454 g



Ginger  
30 g | 60 g



Parsley  
7 g | 14 g



Garlic, cloves  
2 | 4



Almonds, sliced  
28 g | 56 g



Dried Cranberries  
28 g | 56 g



Whole Grain Mustard  
1 tbsp | 2 tbsp



Balsamic Vinegar  
2 tbsp | 4 tbsp



Chicken Broth Concentrate  
2 | 4

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

**Pantry items** | Unsalted butter, oil, salt, pepper, sugar

**Cooking utensils** | 2 baking sheets, measuring spoons, medium pot, parchment paper, measuring cups, large non-stick pan, paper towels

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

1



### Cook rice and toast almonds

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Ginger Guide for Step 5: 1/2 tbsp (1 tbsp) mild, 1 tbsp (2 tbsp) medium and 1 1/2 tbsp (3 tbsp) extra!

- Stir together **wild rice medley**, **half the broth concentrate**, **1 tbsp** (2 tbsp) **butter**, **1 cup** (2 cups) water and **1/4 tsp** (1/2 tsp) **salt** in a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 20-24 min.
- Remove the pot from heat. Set aside, still covered.
- Meanwhile, add **almonds** to a parchment-lined baking sheet. Toast in the middle of the oven, stirring halfway through until golden-brown, 2-3 min. Transfer **almonds** to a plate.heat.

2



### Start duck

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While pan heats, pat **duck** dry with paper towels.
- Using a sharp knife, score skin side of **duck** in a criss-cross pattern. Season with **salt** and **pepper**.
- Add **duck** to the dry pan, skin-side down. Reduce heat to medium. Cook until skin is crispy, 10-12 min.
- Flip and cook until golden-brown, 2-3 min. (**TIP:** Duck will finish cooking in step 4.)

3



### Prep

- Meanwhile, on a clean cutting board, trim **snap peas**.
- Peel, then grate or mince **ginger**.
- Peel, then grate or mince **garlic**.
- Finely chop **parsley**.

4



### Roast duck and sugar snap peas

- Transfer **duck** to the same parchment-lined baking sheet used to toast **nuts**, skin-side up. Discard fat in pan.
- Roast **duck** in the middle of the oven until cooked through, 8-13 min.\*\*
- Add **snap peas**, **garlic** and **1/2 tbsp** (1 tbsp) **oil** to another unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the bottom of the oven, stirring halfway through, until tender and golden, 7-9 min.

5



### Make sauce

- Once **duck** is cooked, transfer to a plate to rest for 2-4 min.
- Meanwhile, reheat the same pan (from step 2) over medium.
- Add **2 tbsp** (4 tbsp) **butter**, then swirl the pan until melted, 30 sec.
- Add **half the cranberries** and **ginger**. (**NOTE:** Reference ginger guide.) Cook, stirring often, until fragrant, 1 min.
- Add **mustard**, **vinegar**, **remaining broth concentrate**, any **duck juices** from the plate, **1/2 tsp** (1 tsp) **sugar** and **2 tbsp** (4 tbsp) **water**. Cook, stirring often until **sauce** thickens slightly, 1-2 min. Season with **salt** and **pepper**, to taste.

\*\* Cook to a minimum internal temperature of 74°C/165°F, which will yield a medium-well doneness.

6



### Finish and serve

- Fluff **rice** with fork. Stir in **almonds**, **half the parsley** and **remaining cranberries**.
- Thinly slice **duck**.
- Divide **rice**, **duck** and **snap peas** between plates.
- Spoon **cranberry-ginger sauce** over **duck**. Sprinkle **remaining parsley** over top.



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