

Cranberry-Ginger Duck Breast

with Garlicky Veggies and Jewelled Rice

Special Plus

40 Minutes

Customized Protein Add





2 Double

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Duck Breast



2 | 4

Wild Rice Medley ½ cup | 1 cup



Sugar Snap Peas



Ginger

30 g | 60 g

227 g | 454 g



Parsley 7 g | 14 g



2 4



Almonds, sliced



Dried Cranberries 28 g | 56 g 28 g | 56 g



Whole Grain Mustard



1 tbsp | 2 tbsp

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



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 ¼ tsp (½ 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.



Start duck

- Meanwhile, heat a large non-stick pan over mediumhigh heat.
- While pan heats, pat duck dry with paper towels.
- Using a sharp knife, score skin side of duck in a crisscross 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.)



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.



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 ½ 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.



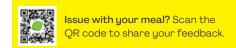
Make sauce

- 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, ½ 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.



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.



Measurements

within steps

1 tbsp

(2 tbsp)

oil

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