

Duck à l'Orange

with Rosemary Potatoes and Green Bean Amandine

Discovery

Duck Special

45 Minutes



Duck Breast



Navel Orange



Rosemary



Yellow Potato



Green Beans



Almonds, sliced



Lemon



Garlic Puree



Onion, chopped



Chicken Broth Concentrate

HELLO ROSEMARY

This woody herb packs a fragrant and savoury punch!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, colander, measuring spoons, zester, parchment paper, small bowl, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Duck Breast	2	4
Navel Orange	1	2
Rosemary	1 sprig	2 sprig
Yellow Potato	480 g	960 g
Green Beans	170 g	340 g
Almonds, sliced	28 g	56 g
Lemon	1	2
Garlic Puree	2 tbsp	4 tbsp
Onion, chopped	113 g	227 g
Chicken Broth Concentrate	1	2
Unsalted Butter*	3 tbsp	6 tbsp
Sugar*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

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1 Prep

Add **8 cups water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. While **water** comes to a boil, zest, then juice **orange**. Zest **lemon**, then juice **half**. Strip **rosemary leaves** from stems, then roughly chop. Trim **green beans**, then halve. Halve **potatoes**.



4 Make amandine sauce

While **duck** roasts, heat the same pan over medium. When hot, add **3 tbsp butter** (dbl for 4 ppl). Cook, stirring often, until **butter** is browned, 3-5 min. Add **almonds, remaining garlic puree** and **half the onions**. Cook until **onions** soften, 2-3 min. Remove pan from heat. Carefully stir in **lemon juice, lemon zest** and **2 tbsp water** (dbl for 4 ppl), until fully incorporated. Add **amandine sauce** to pot with **green beans**. Season with **salt** and **pepper**, then toss to coat. Carefully wipe pan clean.



2 Roast potatoes and cook beans

Add **potatoes, rosemary, half the garlic puree** and **½ tsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 25-28 min. (**NOTE:** You will add duck fat to the potatoes in step 3, about halfway through roasting.) While potatoes cook, add **green beans** to the boiling water. Cook, stirring occasionally, until tender-crisp, 1-2 min. Strain and return **beans** to the same pot, off heat.



5 Make orange sauce

Heat the same pan over medium-high. When hot, add **remaining duck fat** then **remaining onions**. Cook, stirring often, until softened, 2-3 min. Stir in **orange juice, broth concentrate, 2 tbsp sugar** and **½ cup water** (dbl both for 4 ppl). Season with **salt** and **pepper**. Bring to a boil and cook until slightly thickened, 3-4 min. Remove pan from heat, then stir in **orange zest**.



3 Cook duck

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**, skin-side down, to a cold large non-stick pan. Heat the pan over medium-high heat and sear until skin is crispy, 8-10 min. Transfer to another parchment-lined baking sheet, skin-side up. Carefully reserve **duck fat** in a small bowl. Roast **duck** in the **top** of the oven until cooked through, 10-12 min.** Drizzle **2 tbsp duck fat** (dbl for 4 ppl) over **potatoes**. Toss to coat, then continue roasting for the remainder of the 25-28 min, until golden-brown. Carefully wipe pan clean.



6 Finish and serve

Thinly slice **duck**. Divide **duck, potatoes** and **green bean amandine** between plates. Spoon **orange sauce** over **duck**.

Dinner Solved!