



# Duck and Double-Berry Sauce with Squash and Sweet Potato Mash

Discovery

Duck Special

40 Minutes



Duck Breast



Strawberry Jam



Blueberry Jam



Balsamic Vinegar



Chicken Broth Concentrate



Butternut Squash, cubes



Sweet Potato



Green Beans



Garlic



Almonds, sliced



Chives

## HELLO DUCK BREAST

*Once you know how to achieve that golden crispy skin, you'll never look back!*

## Start here

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

## Bust out

2 Baking sheets, medium bowl, measuring spoons, potato masher, aluminum foil, parchment paper, measuring cups, large non-stick pan, paper towels, vegetable peeler

## Ingredients

	2 Person	4 Person
Duck Breast	2	4
Strawberry Jam	1 tbsp	2 tbsp
Blueberry Jam	1 tbsp	2 tbsp
Balsamic Vinegar	½ tbsp	1 tbsp
Chicken Broth Concentrate	1	2
Butternut Squash, cubes	340 g	680 g
Sweet Potato	170 g	340 g
Green Beans	170 g	340 g
Garlic	3 g	6 g
Almonds, sliced	28 g	56 g
Chives	7 g	14 g
Unsalted Butter*	4 tbsp	8 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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## Roast veggies

Peel, then cut **sweet potato** into ¾-inch pieces. Add **sweet potatoes, squash** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Cover baking sheet tightly with foil, then roast in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 23-35 min. Transfer **roasted veggies** to a medium bowl. Mash **2 tbsp butter** (dbl for 4 ppl) into **veggies** until mostly smooth. Season with **salt** and **pepper**.



## Prep and cook beans

While **duck** roasts, trim **green beans**. Thinly slice **chives**. Peel, then mince or grate **garlic**. Heat the same pan (from step 3) over medium-high. When hot, add **green beans**, then carefully add **½ cup water** (dbl for 4 ppl). Season with **salt**. Cook until **water** evaporates, 4-5 min. Add **1 tbsp butter** (dbl for 4 ppl), then **garlic**. Cook, stirring often, until **garlic** is fragrant and **green beans** are tender-crisp, 1 min. Season with **pepper**. Transfer to a plate and cover to keep warm. Carefully wipe pan clean.



## Toast almonds

While **veggies** roast, heat a large non-stick pan over medium heat. When hot, add **almonds** to the dry pan. Toast, stirring, until golden, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.



## Make double-berry sauce

Heat the same pan over medium-high. Add **½ cup water** (dbl for 4 ppl), **strawberry jam**, **blueberry jam**, **broth concentrate** and **half the vinegar** (use all for 4 ppl). Cook, stirring occasionally, until **sauce** thickens slightly, 3-5 min. Remove pan from heat. Add **1 tbsp butter** (dbl for 4 ppl), then season with **salt** and **pepper**. Stir until **butter** melts.



## Cook duck

Heat the same pan (from step 2) over medium. While the pan heats, pat **duck** dry with paper towels. Using a sharp knife, score the skin-side of **duck** in a criss-cross pattern. Season with **salt** and **pepper**. When the pan is hot, add **duck** to the dry pan, skin-side down. Sear until skin is crispy, 8-10 min. Flip and cook, 3-4 min. Transfer **duck** to another parchment-lined baking sheet, skin-side up. Roast in the **top** of the oven until cooked through, 8-13 min. **\*\* Carefully discard excess fat in pan. (TIP: Reserve fat in the fridge for another use, if desired.) Carefully wipe pan clean.**



## Finish and serve

When **duck** is done, transfer to a plate to rest, 3-5 min. Thinly slice **duck**. Divide **duck, squash and sweet potato mash** and **green beans** between plates. Spoon **double-berry sauce** over **duck**. Sprinkle **almonds** and **chives** over **green beans**.

## Dinner Solved!