



# Duck and Double-Berry Sauce

with Roasted Squash and Sweet Potato Mash

Valentine's Day 45 Minutes



Duck Breast



Strawberry Jam



Blueberry Jam



Balsamic Vinegar



Chicken Broth Concentrate



Butternut Squash, cubes



Sweet Potato



Green Beans



Garlic, cloves



Almonds, sliced



Chives



All-Purpose Flour

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, medium non-stick pan, 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, cloves	1	2
Almonds, sliced	28 g	28 g
Chives	7 g	7 g
All-Purpose Flour	½ tbsp	1 tbsp
Unsalted Butter*	3 tbsp	6 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 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.*

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## Roast veggies

Peel, then cut **sweet potato** into ½-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 combine. Cover baking sheet tightly with foil, then roast in the **middle** of the oven until tender and golden-brown, 22-25 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**.



## Cook green beans

Heat the same pan (from step 2) over medium-high. When hot, carefully add **green beans** and **¼ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until **water** evaporates, 4-5 min. Add **garlic**. Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**, to taste. Remove the pan from heat. Transfer **green beans** to a plate and cover to keep warm. Carefully wipe the pan clean.



## Cook duck

While **veggies** roast, 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**. Add **duck** to a cold, large non-stick pan, skin-side down. Cook over medium heat until skin is crispy, 10-12 min. Flip and cook until golden-brown, 2-3 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 drain and discard excess fat, reserving **½ tbsp** (dbl for 4 ppl) in the pan. When **duck** is done, transfer to a plate to rest, 3-5 min.



## Make double-berry sauce

Heat the same pan (from step 4) over medium. Add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted. Sprinkle **half the flour** (use all for 4 ppl) over top. Cook, stirring often, until golden, 1 min. Whisking constantly, gradually add **¾ cup water** (dbl for 4 ppl). Continue whisking until **sauce** is smooth and comes to a simmer, 2-3 min. Once simmering, add **strawberry jam, blueberry jam, broth concentrate** and **half the vinegar** (use all for 4 ppl).



## Prep and toast almonds

While **duck** cooks, trim **green beans**. Thinly slice **chives**. Peel, then mince or grate **garlic**. Heat a medium non-stick pan over medium heat. When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 4-5 min. (TIP: Keep your eye on them so they don't burn!) Transfer **almonds** to a plate.



## Finish sauce and serve

Season **sauce** with **salt** and **pepper**, to taste. Cook, whisking often, until **sauce** thickens slightly, 2-3 min. Remove the pan from heat. Thinly slice **duck**. Divide **duck, squash and sweet potato mash** and **green beans** between plates. Spoon **double-berry sauce** over **duck**. Sprinkle **almonds** over **green beans**. Sprinkle **chives** over everything.

## Dinner Solved!