



Duck Breast and Fig Sauce with Creamy Garlic Mash

Discovery

40 Minutes



Duck Breast



Yellow Potato



Shallot



Garlic



Parsley and Thyme



Fig Jam



Balsamic Glaze



Chicken Broth Concentrate



Snow Peas



Sugar Snap Peas



Cream

HELLO THYME

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

Baking sheet, measuring spoons, potato masher, parchment paper, small pot, measuring cups, large pot, large non-stick pan, paper towels, colander

Ingredients

	2 Person	4 Person
Duck Breast	2	4
Yellow Potato	360 g	720 g
Shallot	50 g	100 g
Garlic	6 g	12 g
Parsley and Thyme	14 g	21 g
Fig Jam	2 tbsp	4 tbsp
Balsamic Glaze	2 tbsp	4 tbsp
Chicken Broth Concentrate	1	2
Snow Peas	113 g	227 g
Sugar Snap Peas	113 g	227 g
Cream	56 g	113 g
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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Cook potatoes

Cut **potatoes** into 1-inch pieces. Combine **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) in a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.



Cook veggies

Heat pan with **reserved duck fat** (from step 2) over medium-high. When hot, add **half the shallots**. Cook, stirring often, until tender-crisp, 1-2 min. Add **snap peas, snow peas** and **¼ cup water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring often, until **water** is absorbed and **veggies** are tender, 3-4 min. Transfer **veggies** to a plate, then cover to keep warm.



Cook duck

While **potatoes** cook, 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**, skin-side down, to a cold, large non-stick pan. Cook over medium heat until skin is crispy, 10-12 min. Flip **duck** and cook until golden-brown, 2-3 min. Transfer **duck** to a parchment-lined baking sheet, skin-side up. (**NOTE:** Reserve the pan and ½ tbsp duck fat (dbl for 4 ppl) for step 4; save remaining duck fat for another use, if desired.) Roast in the **middle** of the oven until **duck** is cooked through, 8-13 min.**



Make sauce

Heat the same pan over medium-low. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **remaining shallots** and **remaining thyme**. Cook, stirring often, until softened, 3-4 min. Add **fig jam, balsamic glaze, broth concentrate** and **¼ cup water** (dbl for 4 ppl). Cook, stirring often, until **sauce** thickens slightly, 2-3 min.



Prep and steep cream

While **duck** cooks, trim, then halve **snap peas**. Trim, then halve **snow peas**. Peel, then finely chop **shallot**. Peel, then mince or grate **garlic**. Roughly chop **parsley**. Strip **1 tbsp thyme leaves** (dbl for 4 ppl) from stems, then finely chop. Add **cream, garlic, half the thyme** and **2 tbsp butter** (dbl for 4 ppl) to a small pot. Bring to a simmer over medium heat and cook until **butter** melts, 3-4 min. Remove the pot from heat. Set aside, still covered.



Finish and serve

When **potatoes** are fork-tender, drain and return to the same pot, off heat. Roughly mash **steeped cream mixture** into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!) Season with **salt** and **pepper**, then stir to combine. When **duck** is done, transfer to a plate to rest, 3-5 min. Thinly slice **duck**. Divide **duck, mash** and **veggies** between plates. Drizzle **fig sauce** over **duck**. Sprinkle **parsley** over top.

Dinner Solved!