



# Maple-Orange Glazed Duck Breast

## with Herby Potatoes and Walnut-Arugula Salad

Duck Special

45 Minutes



Duck Breast



Yellow Potato



Navel Orange



Parsley and Thyme



Arugula and Spinach Mix



Maple Syrup



Red Onion



Red Wine Vinegar



Walnuts, chopped



Whole Grain Mustard

HELLO DUCK FAT

*The key to extra crispy, extra delicious roast potatoes!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

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

## Ingredients

	2 Person	4 Person
Duck Breast	2	4
Yellow Potato	360 g	720 g
Navel Orange	1	2
Parsley and Thyme	14 g	14 g
Arugula and Spinach Mix	56 g	113 g
Maple Syrup	2 tbsp	4 tbsp
Red Onion	56 g	113 g
Red Wine Vinegar	2 tbsp	4 tbsp
Walnuts, chopped	28 g	56 g
Whole Grain Mustard	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Health Canada recommends cooking duck to an internal temperature of 74°C/165°F, which will yield a medium-well doneness.

## 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 potatoes

Cut **potatoes** into ½-inch pieces. Add **potatoes, half the thyme sprigs** and **½ tbsp 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 4, about halfway through roasting.)



## Pickle onions

Add **onions, vinegar, 1 tbsp water** and **½ tbsp maple syrup** (dbl both for 4 ppl) to a small pot. Season with **salt**. Bring to a simmer over medium-high heat. Once simmering, cook, stirring often, until **salt** dissolves, 1-2 min. Remove the pot from heat. Transfer **onions, including pickling liquid**, to a medium bowl. Place in the fridge to cool.



## Cook duck

While **potatoes** 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. Reserve **duck fat** in the pan. Roast **duck** in the **top** of the oven until cooked through, 8-13 min.\*\* Carefully drizzle **2 tbsp duck fat** (dbl for 4 ppl) over **potatoes**, then toss to coat and continue to roast until golden-brown.



## Make glaze

When **duck** is done, transfer to a cutting board to rest, 2-3 min. While **duck** rests, add **thyme leaves, mustard, remaining maple syrup, 1 tsp orange zest** and **¼ cup orange juice** (dbl both for 4 ppl) to the same pot. Bring to a gentle boil over medium. Once boiling, cook, stirring often, until **glaze** thickens slightly, 3-4 min. Remove the pot from heat, then season with **salt** and **pepper**, to taste. Cover to keep warm.



## Prep

While **duck** cooks, strip **thyme leaves** from remaining stems. Roughly chop **parsley**. Zest, then juice **orange**. Peel, then finely cut **half the onion** into ¼-inch slices (whole onion for 4 ppl).



## Finish and serve

Add **1 tbsp pickling liquid** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Drain **onions** and discard remaining pickling liquid. Add **pickled onions, arugula and spinach mix** and **walnuts** to the large bowl with **dressing**, then toss to combine. Thinly slice **duck**. Sprinkle **potatoes** with **parsley**. Divide **duck, potatoes** and **salad** between plates. Drizzle **glaze** over **duck**.

## Dinner Solved!