



# Roasted Duck Breasts

with Mixed Mushrooms and Farro

Special Plus

40 Minutes



Duck Breast



Farro



Chicken Broth Concentrate



Red Onion



Garlic Salt



Baby Spinach



Balsamic Glaze



Mixed Mushrooms

HELLO DUCK BREAST

*Don't be confused by duck's pink hue, even when cooked through!*

## Start here

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

## Bust out

Baking sheet, measuring spoons, strainer, medium pot, parchment paper, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Duck Breast	2	4
Farro	½ cup	1 cup
Chicken Broth Concentrate	1	2
Red Onion	113 g	226 g
Garlic Salt	½ tsp	1 tsp
Baby Spinach	56 g	113 g
Balsamic Glaze	2 tbsp	4 tbsp
Mixed Mushrooms	200 g	400 g
Unsalted Butter*	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\*Cook 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.*

## Contact

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### Cook farro

- Heat a medium pot over medium-high heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **farro**. Cook, stirring often, until toasted and fragrant, 1-2 min.
- Add 1 **tsp salt** and 3 **cups water** (dbl both for 4 ppl). Bring to a boil over high.
- Once boiling, reduce heat to medium-low. Cook uncovered until **farro** is tender, 16-18 min.
- Drain, then return **farro** to the pot, off heat.
- Add ½ **tbsp butter** (dbl for 4 ppl), then stir until melted.

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### Cook veggies

- When **farro** is almost done, heat the pan with **reserved duck fat** over medium-high.
- When hot, add **onions**. Cook, stirring occasionally, until softened slightly, 2-3 min.
- Add **mushrooms**. Cook, stirring occasionally, until softened, 4-6 min. Season with ½ **tsp garlic salt** (dbl for 4 ppl) and **pepper**.
- Drizzle **half the balsamic glaze** over **veggies**. Cook, stirring often, until coated, 1 min.

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### Cook duck

- Meanwhile, 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 a parchment-lined baking sheet, skin-side up.
- Roast **duck** in the **middle** of the oven until cooked through, 8-13 min.\*\*
- Discard **all but 1 ½ tbsp duck fat** (dbl for 4 ppl) from the pan. (**TIP:** You can save duck fat for other creations, if desired.)

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### Finish farro

- Add **farro**, **spinach** and **broth concentrate** to the pan with **veggies**. Cook, stirring often, until **spinach** wilts, 1-2 min.
- Season with **salt** and **pepper**, to taste.

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### Prep

- Meanwhile, peel, then cut **onion** into ¼-inch slices.
- Thinly slice **mushrooms**.
- Roughly chop **spinach**.

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### Finish and serve

- When **duck** is done, transfer to a plate to rest for 3-5 min.
- Thinly slice **duck**.
- Divide **mixed mushroom farro** between plates. Top with **duck**.
- Drizzle **remaining balsamic glaze** over top.

## Dinner Solved!