

Seared Duck & Dijon Pan Sauce

with Crispy Smashed Potatoes & Corn

WHY WE LOVE THIS RECIPE

It's the first recipe with our new premium duck breasts! They're rich and juicy with a layer of skin that turns deliciously crispy once seared.

TECHNIQUE TO HIGHLIGHT

You'll make this irresistible side by boiling potatoes until tender and softened, then smashing them into flat pieces, making it easy for them to crisp up in the pan of reserved, savory duck fat.



PREMIUM

2 SERVINGS

⌚ 40-50 MINS



Serve a bottle of Blue Apron wine with this symbol: Plush & Fruity.

blueapron.com/wine

Ingredients

-  2 Skin-On Duck Breasts
-  1/3 cup Chicken Bone Broth
-  1 Tbsp Red Wine Vinegar
-  2 Tbsps Butter
-  3/4 lb Golden or Red Potatoes
-  1 Tbsp Dijon Mustard

-  2 ears of Corn
-  1 Shallot
-  1 bunch Parsley
-  3 oz Baby Spinach
-  2 Tbsps Crème Fraîche
-  1/2 oz Sweet Piquante Peppers

1 Cook & smash the potatoes

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- If necessary, halve any **potatoes** larger than 2-inches in diameter.
- Once boiling, add the **potatoes** to the pot and cook 16 to 18 minutes, or until tender when pierced with a fork.
- Drain thoroughly and transfer to a sheet pan (or work surface). When cool enough to handle, using the flat side of your knife (or the bottom of a small pan), carefully smash each cooked potato once to flatten.



2 Cook the duck

- Meanwhile, pat the **duck** dry with paper towels. Season with salt and pepper on both sides.
- Heat a medium pan (non-stick, if you have one), on medium until hot.
- Add the seasoned duck, skin side down. Cook 9 to 11 minutes, or until browned and the skin is crispy. Flip and cook 4 to 5 minutes for medium (145°F), or until cooked to your desired degree of doneness.*
- Transfer to a cutting board, skin side up, and let rest at least 10 minutes.
- Carefully drain the **duck fat** into a small bowl.
- Wipe out the pan.



3 Prepare the remaining ingredients

- Meanwhile, remove the husks and silks from the **corn**; cut the kernels off the cobs.
- Peel and thinly slice the **shallot**.
- Roughly chop the **peppers**.
- Roughly chop the **parsley** leaves and stems.



4 Crisp the potatoes

- In the same pan, heat 1 **tablespoon of the reserved duck fat** on medium-high until hot.
- Add the **smashed potatoes**. Cook 1 to 2 minutes per side (if the pan seems dry, add the **remaining duck fat** before flipping), or until browned and crispy.
- Transfer to a plate; immediately season with salt and pepper.
- Wipe out the pan.



5 Cook & finish the vegetables

- In the same pan, heat 2 **teaspoons of olive oil** on medium-high until hot.
- Add the **corn kernels** and **sliced shallot**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened (be careful, as the corn may pop as it cooks).
- Add the **spinach**. Cook, stirring frequently, 1 to 2 minutes, or until wilted.
- Transfer to a bowl; add the **crème fraîche** and **chopped peppers**. Season with salt and pepper; stir to combine.
- Wipe out the pan.



6 Make the pan sauce & serve your dish

- In the same pan, heat the **broth** to boiling on high.
- Once boiling, reduce the heat to medium-high. Add the **butter**, **vinegar**, and **mustard**. Cook, whisking constantly, 1 to 2 minutes, or until the sauce is thickened. Turn off the heat. Taste, then season with salt and pepper if desired.
- Flip the **rested duck** to be skin side down on the cutting board (to easily cut through the skin). Thinly slice crosswise.
- Serve the **sliced duck** (skin side up) with the **crisped potatoes** and **finished vegetables** on the side. Top the duck with the **pan sauce**. Garnish the vegetables with the **chopped parsley**. Enjoy!



*The USDA recommends cooking duck and all poultry until an instant-read thermometer registers a minimum temperature of 165°F.

NUTRITION PER SERVING (AS PREPARED)**

Calories: 840, Total Carbohydrates: 58g, Dietary Fiber: 8g, Added Sugars: 1g, Total Fat: 51g, Saturated Fat: 19g, Protein: 44g, Sodium: 2090mg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).



Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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 **Blue Apron**
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