

Pan-Seared Duck & Lo Mein Noodles

with Peanut Sauce & Vegetables

WHY WE LOVE THIS DISH

It's packed with rich umami flavors thanks to soy-miso sauce drizzled over seared duck and a mix of peanut butter spread, citrusy ponzu, and spicy sambal used to dress the bed of noodles served underneath.

TECHNIQUE TO HIGHLIGHT

We cook the duck for a longer time with the skin side down to release the fat and get the skin deliciously crispy. Letting it rest with the skin side up will help to maintain that crispy texture while keeping the meat nice and juicy.



PREMIUM

2 SERVINGS






🕒 30-40 MINS






Serve a bottle of Blue Apron wine with this symbol: Full & Savory.
blueapron.com/wine

Ingredients

-  2 Skin-On Duck Breasts
-  1/2 lb Fresh Lo Mein Noodles¹
-  4 oz Snow Peas
-  1 Bell Pepper
-  10 oz Baby Bok Choy

-  3 Tbsps Asian-Style Sautéed Aromatics
-  3 Tbsps Soy-Miso Sauce
-  1 Tbsp Vegetarian Ponzu Sauce
-  1 Tbsp Sambal Oelek
-  1 Tbsp Rice Vinegar

-  1 Tbsp Smooth Peanut Butter Spread
-  3 Tbsps Roasted Peanuts
-  1 tsp Furikake

1. previously frozen

1 Cook the duck

- Fill a medium pot $\frac{3}{4}$ of the way up with water; cover and heat to boiling on high.
- Pat the **duck** dry with paper towels. Season with salt and pepper on both sides.
- Heat a large pan (nonstick, 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. (Set aside to solidify. Cover and refrigerate for future use, or discard if desired.)
- Wipe out the pan.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Cut off and discard the root ends of the **bok choy**; thinly slice crosswise.
- Halve the **snow peas** crosswise.
- Roughly chop the **peanuts**.
- In a large bowl, whisk together the **peanut butter spread**, **ponzu sauce**, **2 teaspoons of water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.
- In a separate bowl, combine the **soy-miso sauce** and **vinegar**.



3 Cook the vegetables

- In the same pan, heat the **sautéed aromatics** on medium-high until hot.
- Add the **sliced pepper** and **sliced bok choy**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **halved peas**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the vegetables are lightly browned and softened.
- Turn off the heat.



4 Cook the noodles

- Meanwhile, add the **noodles** to the pot of boiling water, stirring gently to separate. Cook, stirring occasionally, 2 to 4 minutes, or until tender. Turn off the heat.
- Drain thoroughly and rinse under warm water 30 seconds to 1 minute to prevent sticking.



5 Finish & serve your dish

- Add the **cooked vegetables** and **cooked noodles** to the bowl of **peanut sauce**; toss to thoroughly coat. 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) over the **finished noodles**. Drizzle the duck with the **soy-miso sauce**. Garnish with the **furikake** and **chopped peanuts**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 165°F for duck. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

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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