

Seared Duck & Brown Butter-Grape Sauce

with Roasted Brussels Sprouts & Delicata Squash

WHY WE LOVE THIS DISH

It's brimming with quintessential fall flavors thanks to a rich pan sauce of brown butter, juicy grapes, and fragrant rosemary that we're spooning over crispy-skin duck breasts, plus a side of roasted hearty vegetables.

TECHNIQUE TO HIGHLIGHT

Once you finish cooking the duck, you'll drain the rendered fat into a small bowl to solidify. We highly recommend storing the fat in your refrigerator for future use! Swap it in for other cooking oils for added richness and deep, savory flavor.



PREMIUM

2 SERVINGS

⌚ 40-50 MINS






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

blueapron.com/wine

Ingredients

-  2 Skin-On Duck Breasts
-  4 oz Red Seedless Grapes
-  1 Delicata Squash
-  ½ lb Brussels Sprouts
-  1 oz Balsamic-Marinated Cipolline Onions

-  1 Lemon
-  1 bunch Rosemary
-  1 oz Butter
-  ¼ cup Grated Parmesan Cheese
-  ⅓ cup Chicken Bone Broth

-  1 Tbsp Sherry Vinegar
-  2 Tbsps Sliced Roasted Almonds
-  1 Tbsp Weeknight Hero Spice Blend¹

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Cut off and discard the ends of the **squash**. Halve lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut crosswise into 1/2-inch pieces.
- Quarter and deseed the **lemon**.
- Pick the **rosemary** leaves off the stems; roughly chop.
- Remove and discard any stems from the **grapes**; halve the grapes.



2 Roast & finish the vegetables

- Place the **halved brussels sprouts** and **squash pieces** on a sheet pan. Drizzle with **olive oil** and season with salt, pepper, and enough of the **spice blend** to coat (you may have extra). Toss to coat; arrange in an even layer.
- Roast 22 to 24 minutes, or until lightly browned and tender when pierced with a fork.
- Transfer to a large bowl; add the **onions, almonds, cheese, and the juice of 2 lemon wedges**. Stir to combine. Taste, then season with salt and pepper if desired.



3 Cook the duck

- Pat the **duck** dry with paper towels. Season with salt and pepper on both sides.
- Heat a medium 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.



Step 3 continued:

- 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.

4 Make the pan sauce & serve your dish

- While the duck rests, in the same pan, heat **half the butter** on medium-high until melted.
- Once melted, cook, stirring constantly, 1 to 2 minutes, or until the foam subsides and the butter is fragrant (it should smell nutty and toasted).
- Add the **chopped rosemary** and **halved grapes**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened.
- Add the **vinegar** (carefully, as the liquid may splatter). Cook, stirring constantly, 30 seconds to 1 minute, or until combined and the liquid is slightly thickened.
- Add the **broth**; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until thickened.
- Turn off the heat; stir in the **remaining butter** until melted and combined.
- 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 **finished vegetables** on the side. Top the duck with the **pan sauce**. Serve the **remaining lemon wedges** on the side, if you'd like. 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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