

Crispy Duck Breasts & Wonton Noodles

with Green Beans & Curry-Soy Sauce

TECHNIQUE TO HIGHLIGHT

We cook 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.

INGREDIENT IN FOCUS

A staple of Thai cuisine, yellow curry paste is a concentrated blend of hot chiles, lemongrass, turmeric, and more, which lends incredibly bold flavor and delightful heat to our wonton noodles.



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
-  6 oz Fresh Wonton Noodles¹
-  3 oz Radishes
-  2 Persian Cucumbers
-  6 oz Green Beans
-  3 oz Baby Spinach

-  1 Lime
-  2 Scallions
-  1 bunch Mint
-  1 Tbsp Soy Sauce
-  1 Tbsp Yellow Curry Paste
-  2 Tbsps Rice Vinegar

-  1 Tbsp Honey
-  2 Tbsps Soy Glaze
-  3 Tbsps Roasted Peanuts
-  1/3 cup Crispy Onions
-  1 tsp Black & White Sesame Seeds

1. previously frozen

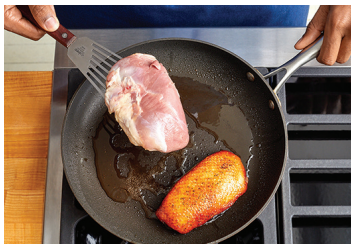
1 Prepare the ingredients & make the sauce

- Remove the **honey** from the refrigerator to bring to room temperature.
- 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.
- Cut off and discard any stem ends from the **green beans**; halve crosswise.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Halve the **cucumbers** lengthwise, then thinly slice crosswise.
- Halve the **radishes** lengthwise, then thinly slice crosswise.
- In a bowl, combine the **sliced cucumbers, sliced radishes, sesame seeds, and vinegar**; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.
- Halve the **lime** crosswise.
- In a large bowl, whisk together the **soy sauce, soy glaze, honey** (kneading the packet before opening), **the juice of both lime halves, and as much of the curry paste as you'd like**, depending on how spicy you'd like the dish to be.
- Pick the **mint** leaves off the stems.



2 Cook the duck

- 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.



3 Cook & dress the noodles

- While the duck rests, 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.
- Transfer to the bowl of **sauce**; toss to coat. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.



4 Cook the vegetables & finish the noodles

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **halved green beans and sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and softened.
- Add the **spinach**. Cook, stirring frequently, 1 to 2 minutes, or until wilted. Turn off the heat.
- Transfer to the bowl of **dressed noodles**; stir to combine. Taste, then season with salt and pepper if desired.



5 Slice the duck & serve your dish

- Flip the **rested duck** to be skin side down on the cutting board (to easily cut through the skin). Thinly slice crosswise.
- Serve the **finished noodles** topped with the **sliced duck** (skin side up). Garnish with the **crispy onions, mint leaves** (tearing just before adding), **sliced green tops of the scallions**, and **peanuts**. Serve the **marinated vegetables** on the side. 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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