

Tamarind-Mango Duck Breasts

with Garlic Naan, Ginger Rice & Curry-Roasted Vegetables

WHY WE LOVE THIS DISH

It's packed with vibrant, bold Indian flavors thanks to vadouvan curry powder, buttery naan, and a sweet-and-sour mix of mango chutney and tamarind paste spooned over crispy duck.

TECHNIQUE TO HIGHLIGHT

After cooking the duck, you'll drain the rendered fat into a small bowl to solidify. We highly recommend storing it in your refrigerator for future use! Use it in place of 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
-  ½ cup Long Grain White Rice
-  2 pieces Naan Bread
-  ½ lb Diced Butternut Squash
-  3 oz Shishito Peppers
-  1 clove Garlic

-  1 piece Ginger
-  1 oz Salted Butter
-  2 Tbsps Mango Chutney
-  ½ cup Tzatziki¹
-  ¼ cup Cilantro Sauce
-  2 tsps Tamarind Paste

-  3 Tbsps Roasted Cashews
-  1 ½ tsps Brown & Yellow Mustard Seeds
-  ¼ tsp Crushed Red Pepper Flakes
-  2 tsps Vadouvan Curry Powder

1. cucumber-yogurt sauce



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & start the sauce

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Place the **peppers** in a bowl. Drizzle with **olive oil** and season with salt, pepper, and **up to half the curry powder**. Toss to coat.
- Peel the **ginger**; finely chop to get 2 teaspoons (you may have extra).
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- In a bowl, combine the **mango chutney**, **tamarind paste**, **¼ cup of water**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be.
- Roughly chop the **cashews**.



2 Roast the vegetables

- Line a sheet pan with foil.
- Transfer the **squash** to the foil. Drizzle with **olive oil** and season with salt, pepper, and the **remaining curry powder**. Toss to coat; arrange in an even layer on one side of the sheet pan.
- Roast 14 minutes.
- Leaving the oven on, remove from the oven. Carefully add the **seasoned peppers** to the other side of the sheet pan.
- Return to the oven and roast 9 to 11 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



3 Cook the duck

- Meanwhile, 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.
- 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.



Step 3 continued:

- 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 Cook the rice

- Meanwhile, carefully rinse the **rice** (sifting through for any small stones or impurities). Drain thoroughly.
- In a small pot, heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **chopped ginger** and **mustard seeds**. Cook, stirring frequently, 30 seconds to 1 minute, or until lightly toasted (be careful, as the mustard seeds may pop as they toast).
- Add the **rice**, a **pinch of salt**, and **1 cup of water** (carefully, as the liquid may splatter). Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Cover to keep warm.



5 Make the garlic naan

- Melt the **butter** in a bowl in the microwave (or melt in a small pot on the stove). Add **as much of the garlic paste as you'd like**.
- Place the **naan** on a separate sheet pan. Evenly spread or brush the **garlic butter** onto the naan; season with salt and pepper.
- Toast in the oven 4 to 6 minutes, or until lightly browned and heated through.
- Remove from the oven.



6 Finish the sauce & serve your dish

- To the same pan used to cook the duck, add the **sauce** (carefully, as the liquid may splatter). Cook on medium-high, stirring frequently, 1 to 2 minutes, or until slightly 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 **cooked rice**, **garlic naan**, and **roasted vegetables**. Top the duck with the **finished sauce**. Garnish the vegetables with the **chopped cashews**. Serve the **tzatziki** and **cilantro sauce** 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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