

# Hoisin Duck & Orange Lo Mein

with Bok Choy, Bell Pepper & Peanuts

## INGREDIENT IN FOCUS

A classic blend of nutmeg, ginger, white pepper, and cloves—known as quatre épices, or four spices—lends bold, warming flavor to our duck breasts and pairs perfectly with the salty-sweet hoisin drizzled on top.

## 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

⌚ 45-55 MINS













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

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## Ingredients

-  2 Skin-On Duck Breasts
-  ½ lb Fresh Lo Mein Noodles<sup>1</sup>
-  1 Bell Pepper
-  10 oz Baby Bok Choy
-  2 stalks Celery
-  1 bunch Chives

-  1 Navel Orange
-  3 Tbsps Asian-Style Sautéed Aromatics
-  2 Tbsps Hoisin Sauce
-  3 Tbsps Soy Glaze
-  1 Tbsp Sambal Oelek
-  2 Tbsps Orange Marmalade

-  1 Tbsp Rice Vinegar
-  3 Tbsps Roasted Peanuts
-  1 tsp Black & White Sesame Seeds
-  1 tsp Quatre Épices<sup>2</sup>

1. previously frozen 2. White Pepper, Nutmeg, Ginger & Cloves





"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients

- 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.
- Roughly chop the **peanuts**.
- Cut off and discard the root ends of the **bok choy**; thinly slice crosswise.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Thinly slice the **celery**.
- Using a zester or the small side of a box grater, finely grate the **orange**. Halve the orange crosswise; squeeze the juice into a bowl.
- To the bowl of **orange juice**, add the **soy glaze**, **orange marmalade**, 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 **hoisin sauce** and **vinegar**.
- Cut the **chives** into 1-inch pieces.



## 2 Toast & finish the peanuts

- In a medium pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **chopped peanuts** and season with salt and pepper. Cook, stirring frequently, 1 to 3 minutes, or until toasted.
- Transfer to a bowl; add the **orange zest** and **sesame seeds**; stir to combine. Taste, then season with salt and pepper if desired.
- Wipe out the pan.



## 3 Cook the duck

- Pat the **duck** dry with paper towels. Season on both sides with salt, pepper, and the **quatre épices**.
- Heat the same pan 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 Cook the vegetables

- While the duck rests, in the same pan, heat the **sautéed aromatics** on medium-high until hot (be careful, as the liquid may splatter).
- Add the **sliced bok choy**, **sliced pepper**, and **sliced celery**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned and softened.
- Turn off the heat.



## 5 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. Return to the pot.



## 6 Finish & serve your dish

- To the pot of **cooked noodles**, add the **cooked vegetables** and **orange-soy sauce**. Stir until thoroughly coated 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 noodles**. Drizzle the duck with the **hoisin sauce**. Garnish with the **finished peanuts** and **chive pieces**. 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](http://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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