

Duck à L'Orange

with Roasted Purple Potatoes & Brussels Sprouts

ORIGIN

Canard à l'orange (simply “duck with orange”) is a classic French dish that has been prized for centuries for its incredibly rich, sweet, and citrusy flavor combo.

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



½ lb Brussels Sprouts



¾ lb Purple Potatoes



1 Navel Orange



1 Shallot



½ oz Pickled Peppadew Peppers



1 bunch Mint



1 bunch Chives



2 ½ Tbsps Chicken Demi-Glaze



1 oz Salted Butter



2 Tbsps Orange Marmalade



2 Tbsps Roasted Pistachios



"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.
- Halve the **potatoes** lengthwise, then cut crosswise into 1/4-inch pieces.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Peel and finely chop the **shallot**.
- Halve the **orange** crosswise; squeeze the juice into a bowl.
- Thinly slice the **chives**.
- Roughly chop the **pistachios**.
- Roughly chop the **peppers**.
- Pick the **mint** leaves off the stems.



2 Roast the vegetables

- Place the **potato pieces** and **halved brussels sprouts** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat and arrange in an even layer.
- Roast 18 to 20 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.*



Step 3 continued:

- 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 sauce

- While the duck rests, in the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped shallot**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Add the **demi-glaze** (carefully, as the liquid may splatter), **orange juice**, **orange marmalade**, and **1/4 cup of water**. Season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until slightly thickened.
- Turn off the heat. Stir in the **butter** and **sliced chives** until combined and the butter is melted. 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 **sliced duck** (skin side up) with the **roasted vegetables**. Top the duck with the **sauce**. Garnish the vegetables with the **chopped peppers, chopped pistachios, and mint leaves** (tearing just before adding). 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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