

Duck & Blueberry-Thyme Pan Sauce

with Caramelized Onion Mashed Potatoes

WHY WE LOVE THIS DISH

Rich, savory duck breasts pair perfectly with a delicately fruity sauce like the one we're making here with fresh thyme, shallot, butter, and our new blueberry bourbon spread.

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 incredible depth of flavor.



PREMIUM

2 SERVINGS

⌚ 45-55 MINS








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

blueapron.com/wine

Ingredients

-  2 Skin-On Duck Breasts
-  3/4 lb Potatoes
-  6 oz Asparagus
-  1 Watermelon Radish
-  1 Shallot

-  3 oz Caramelized Onions & Garlic
-  1 bunch Mint
-  1 bunch Thyme
-  1 Lemon
-  1/4 cup Cream

-  1 oz Salted Butter
-  2 oz White Cheddar Cheese
-  2 Tbsps Vegetarian Worcestershire Sauce
-  1 oz Blueberry Bourbon Spread
-  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 & start the sauce

- Place an oven rack in the center of the oven; preheat to 450°F.
- 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.
- Medium dice the **potatoes**.
- Grate the **cheese** on the large side of a box grater.
- Quarter and deseed the **lemon**.
- Peel the **radish**, then halve lengthwise. Cut crosswise into 1-inch pieces.
- Snap off and discard the tough, woody stem ends of the **asparagus**; cut crosswise into 2-inch pieces (keeping the pointed tips intact).
- Peel and small dice the **shallot**.
- Pick the **mint** leaves off the stems.
- In a bowl, combine the **blueberry spread**, **worcestershire sauce**, the **juice of 2 lemon wedges**, and **2 tablespoons of water**.



2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water and cook 16 to 18 minutes, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **caramelized onions**, **grated cheese**, and **cream**. Using a fork or potato masher, mash to your desired consistency.
- Taste, then season with salt and pepper if desired. Cover to keep warm.



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.



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 Roast the vegetables

- Meanwhile, line a sheet pan with foil.
- Place the **radish pieces** and **asparagus pieces** on the foil.
- Drizzle with **olive oil** and season with salt, pepper, and the **spice blend**. Toss to coat and arrange in an even layer.
- Roast 10 to 12 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven. Evenly top with the **juice of the remaining lemon wedges**.



5 Make the pan sauce & serve your dish

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced shallot** and **thyme**. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until thickened.
- Turn off the heat; stir in the **butter** until melted and combined. Carefully discard the **thyme sprigs**.
- 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 **mashed potatoes** and **roasted vegetables**. Top the duck with the **pan sauce**. Garnish the vegetables with the **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.

Blue Apron, LLC
New York, NY 10005

Blue Apron
blueapron.com