

# Pan-Seared Duck & Blueberry-Dijon Sauce

with Crispy Duck Fat Potatoes & Corn

## WHY WE LOVE THIS DISH

Rich, savory duck breasts pair perfectly with a delicately fruity sauce like the one we're making here with smooth dijon mustard and our blueberry bourbon spread.

## TECHNIQUE TO HIGHLIGHT

After searing the duck, you'll drain off and reserve the rich fat that the skin releases in the pan to use for crisping the smashed potatoes, giving them an extra boost of flavor and crispy exterior.



**PREMIUM**

2 SERVINGS






⌚ 45-55 MINS





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

[blueapron.com/wine](https://blueapron.com/wine)

## Ingredients

-  2 Skin-On Duck Breasts
-  2 ears of Corn
-  ¾ lb Potatoes
-  1 Red Onion
-  ½ oz Pickled Peppadew Peppers

-  3 oz Baby Spinach
-  1 bunch Parsley
-  2 Tbsps Crème Fraîche
-  ⅓ cup Chicken Bone Broth
-  1 Tbsp Sherry Vinegar

-  1 oz Blueberry Bourbon Spread
-  1 Tbsp Dijon Mustard
-  1 Tbsp Southern Spice Blend<sup>1</sup>

1. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper





"Alexa, find Blue Apron recipes."

## 1 Boil & smash the potatoes

- 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.
- Halve the **potatoes**.
- Once boiling, add the **halved potatoes** to the pot and cook 16 to 18 minutes, or until tender when pierced with a fork.
- Drain thoroughly and transfer to a sheet pan (or work surface). When cool enough to handle, using the flat side of your knife (or the bottom of a small pan), carefully smash each cooked potato once to flatten.



## 2 Cook the duck

- Meanwhile, pat the **duck** dry with paper towels. Season with salt and pepper on both sides. Season only on the skinless side with enough of the **spice blend** to coat (you may have extra).
- 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.
- Wipe out the pan.



## 3 Prepare the remaining ingredients

- Meanwhile, halve, peel, and thinly slice the **onion**.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Roughly chop the **peppers**.
- Roughly chop the **parsley** leaves and stems.



## 4 Crisp the potatoes

- In the same pan, heat **1 tablespoon of the reserved duck fat** on medium-high until hot.
- Add the **smashed potatoes**. Cook 1 to 2 minutes per side (if the pan seems dry, add the remaining duck fat before flipping), or until browned and crispy.
- Transfer to a plate; immediately season with salt and pepper. Cover with foil to keep warm.
- Wipe out the pan.



## 5 Cook & finish the vegetables

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced onion**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **corn kernels**; season with salt and pepper. Cook, without stirring, 2 to 3 minutes, or until lightly browned (be careful, as the corn may pop as it cooks).
- Add the **spinach** and **vinegar**. Cook, stirring frequently, 1 to 2 minutes, or until combined and the spinach is wilted.
- Transfer to a bowl; add the **crème fraîche** and **chopped peppers**. Season with salt and pepper; stir to combine.
- Wipe out the pan.



## 6 Make the pan sauce & serve your dish

- To the same pan, add the **blueberry spread**, **mustard**, and **broth** (carefully, as the liquid may splatter). Cook on medium-high, stirring constantly, 1 to 2 minutes, or until thoroughly combined and 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 **crisped potatoes** and **finished vegetables** on the side. Top the duck with the **pan sauce**. Garnish with the **chopped parsley**. 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.

Blue Apron, LLC  
New York, NY 10005

**Blue Apron**  
[blueapron.com](http://blueapron.com)