

Pan-Seared Duck & Orange-Fig Sauce

with Roasted Vegetables

TECHNIQUE TO HIGHLIGHT

We cook duck for a longer time with the skin side down to release the fat and get the skin deliciously crispy. Letting it rest with the skin side up will help maintain that crispy texture while the meat stays juicy.

INGREDIENT IN FOCUS

While they resemble regular oranges on the outside, Cara Caras are a special variety prized for their reddish-pink flesh and incredibly sweet flavor. We're using the juice as the base of our savory-sweet pan sauce, spooned over the crispy duck.









PREMIUM





2 SERVINGS

⌚ 40-50 MINS

Ingredients*

-  2 Skin-On Duck Breasts
-  1 lb Sweet Potatoes
-  ½ lb Brussels Sprouts
-  1 Red Onion
-  1 oz Pitted Niçoise Olives
-  1 bunch Parsley

-  1 Cara Cara Orange
-  1 oz Salted Butter
-  0.7 oz Grana Padano Cheese
-  2 ½ Tbsps Chicken Demi-Glace
-  1 ½ tsps Calabrian Chile Paste
-  1 Tbsp Soy Sauce

-  1 Tbsp Whole Grain Dijon Mustard
-  1 Tbsp Fig Spread
-  1 Tbsp Light Brown Sugar
-  2 Tbsps Sliced Roasted Almonds

*Ingredients may be replaced and quantities may vary.

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1 Prepare the ingredients & start the sauce

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **sweet potatoes**.
- Halve and peel the **onion**; cut into 1/2-inch-wide wedges, keeping the layers intact.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Roughly chop the **parsley** leaves and stems.
- Using a zester or the small side of a box grater, finely grate the **orange** to get 1 teaspoon. Halve the orange crosswise; squeeze the juice into a medium bowl, straining out any seeds.
- To the bowl of **orange juice**, add the **fig spread**, **soy sauce**, **mustard**, **sugar**, **demi-glace**, and **2 tablespoons of water**. Whisk to combine.



2 Roast & finish the vegetables

- Place the **diced sweet potatoes**, **onion wedges**, and **halved brussels sprouts** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat; arrange in an even layer.
- Roast 22 to 24 minutes, or until browned and tender when pierced with a fork.
- Transfer to a large bowl; add the **orange zest**, **olives**, **almonds**, **cheese** (crumbling before adding), **half the chopped parsley**, a drizzle of **olive oil**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Toss to combine.
- Taste, then season with salt and pepper if desired.



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.
- Leaving any browned bits (or fond) in the pan, carefully drain the **duck fat** into a small bowl. (Set aside to solidify. Cover and refrigerate for future use, or discard if desired.)



4 Finish the sauce

- While the duck rests, heat the pan of reserved fond on medium-high until hot.
- Add the **sauce** (carefully, as the liquid may splatter). Cook, stirring occasionally and scraping up any fond, 1 to 2 minutes, or until slightly thickened.
- Turn off the heat. Stir in the **butter** until melted and combined. 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 **finished vegetables**. Top the duck with the **finished sauce**. Garnish with the **remaining 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.

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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).



Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, sesame, and wheat.

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