Pan-Seared Duck & Orange-Prune Sauce

with Asparagus, Roasted Potatoes & Radish

WHY WE LOVE THIS DISH

Rich, savory duck breasts get a mix of sweet, bright, and warming flavors from a coating of quatre épices (a blend of nutmeg, ginger, white pepper, and cloves) and spoonfuls of our orange juice, prune, and butter pan sauce.

TECHNIQUE TO HIGHLIGHT

To preserve the delicate crunch and bright green color of our asparagus, you'll blanch and shock them, or simply boil them for a short amount of time, then immediately stop the cooking process by placing them in ice water.

PREMIUM

2 SERVINGS | **45–55 MINS**

WINE PAIRING

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

Ingredients

- 2 Skin-On Duck Breasts
- ¾ lb Fingerling Potatoes
- 6 oz Asparagus
- 1 Watermelon Radish
- 1 Shallot
- 1 bunch Chives
- 1 Navel Orange
- 1 oz Prunes
- 1 oz Salted Butter
- 1 Tbsp Whole Grain Dijon Mustard
- 1 Tbsp Verjus Rouge
- 1 Tbsp Red Wine Vinegar
- 2 Tbsps Sliced Roasted Almonds
- 1 tsp Quatre Épices[1]

1. White Pepper, Nutmeg, Ginger & Cloves

*Ingredients may be replaced and quantities may vary.

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COOK ALONG WITH alexa

"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot ¾ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Halve the **potatoes** lengthwise.
- Peel the **radish**, then cut into ½-inch-wide wedges.
- Snap off and discard the tough, woody stem ends of the **asparagus**; cut on an angle into 2-inch pieces (keeping the pointed tips intact).
- Peel and small dice the **shallot**; place in a large bowl. Add the **mustard** and **vinegar**; season with salt and pepper. Stir to combine.
- Roughly chop the **prunes**.
- Halve the **orange** crosswise; squeeze the juice into a medium bowl. Add the **chopped prunes** and **verjus**. Stir to combine.
- Thinly slice the **chives**.

2 Roast the potatoes & radish

- Transfer the **halved potatoes** and **radish wedges** to a sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat; arrange in an even layer.
- Roast 20 to 22 minutes, or until lightly 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 on both sides with salt, pepper, and the **quatre épices**.
- 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.* Turn off the heat.
- 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 Blanch & shock the asparagus

- Meanwhile, fill a medium bowl with **ice water**; add **a pinch of salt** and set aside.
- Add the **asparagus pieces** to the pot of boiling water and cook 2 to 3 minutes, or until bright green and slightly tender. Turn off the heat.
- Drain and immediately transfer to the bowl of ice water. Let stand until cool.
- Drain thoroughly and pat dry with paper towels.

5 Finish the vegetables

- To the bowl of **dressed shallot**, add the **shocked asparagus**, **roasted potatoes and radish**, and a drizzle of **olive oil**. Season with salt and pepper; toss to combine.
- Taste, then season with salt and pepper if desired.

6 Make the pan sauce & serve your dish

- Heat the pan of reserved fond on medium-high until hot.
- Add the **orange-prune mixture** (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until slightly thickened.
- Turn off the heat; stir in the **butter** until melted 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 vegetables**. Top the duck with the **pan sauce** and **sliced chives**. Garnish the vegetables with the **almonds**. 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).

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

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