



Duck Cassoulet

with Toasted Ciabatta

Discovery

40 Minutes



Duck Breast



Parsley and Thyme



Mirepoix



Garlic, cloves



Cannellini Beans



Chicken Broth Concentrate



Red Wine Vinegar



Bacon Strips



Ciabatta Roll

HELLO DUCK BREAST

Save some of that rendered duck fat to add extra flavour to other dishes like potatoes!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels, silicone brush

Ingredients

	2 Person	4 Person
Duck Breast	2	4
Parsley and Thyme	14 g	14 g
Mirepoix	113 g	227 g
Garlic, cloves	2	4
Cannellini Beans	398 ml	796 ml
Chicken Broth Concentrate	1	2
Red Wine Vinegar	1 tbsp	2 tbsp
Bacon Strips	100 g	200 g
Ciabatta Roll	2	4
Unsalted Butter*	3 tbsp	6 tbsp
Salt and Pepper*		

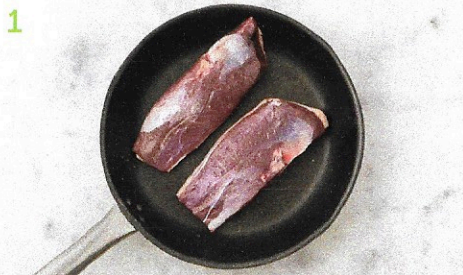
* Pantry items

** Cook duck and pork to minimum internal temperatures of 74°C/165°F and 71°C/160°F, respectively.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Cook duck

Pat **duck** dry with paper towels. Using a sharp knife, score the skin-side of **duck** in a criss-cross pattern. Season with **salt** and **pepper**. Add **duck**, skin-side down, to a cold, large non-stick pan. Heat the pan over medium heat and sear until skin is crispy, 10-12 min. Flip **duck** over and cook until golden-brown, 2-3 min. Transfer **duck** to a parchment-lined baking sheet, skin-side up. (**NOTE:** Reserve pan and fat for use in step 3.) Roast **duck** in the **middle** of the oven until cooked through, 8-13 min. ** When **duck** is done, transfer to a plate to rest, 3-5 min.



Prep

While **duck** cooks, peel, then mince or grate **garlic**. Roughly chop **parsley**. Strip **thyme leaves** from stems, then roughly chop.



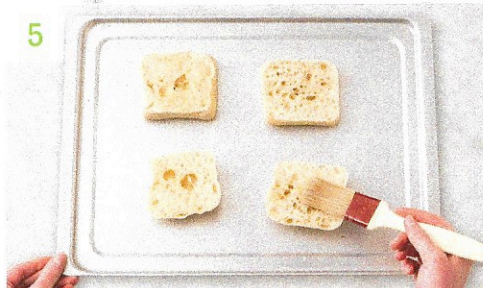
Cook bacon

Cut **bacon** into ¼-inch pieces. Heat the same pan (from step 1) over medium. When hot, add **bacon**. Cook, stirring frequently, until **bacon** is crispy, 4-5 min. ** Reserve **1 tbsp fat** (dbl for 4 ppl) in a small bowl.



Make cassoulet

Add **garlic**, **thyme** and **mirepoix** to the pan with **bacon**. Season with **salt** and **pepper**. Cook, stirring frequently, until **mirepoix** softens slightly, 3-5 min. Stir in **cannellini beans** and **liquid, broth concentrate, vinegar** and **1 ½ cups water** (dbl for 4 ppl). Bring to a simmer over medium-high. Once simmering, reduce heat to medium. Cook, stirring occasionally, until **cassoulet** thickens slightly, 6-8 min.



Toast ciabatta

Halve **ciabatta**. Arrange on an unlined baking sheet, cut-side up. Brush with **reserved fat** from small bowl, then season with **salt** and **pepper**. Toast in the **top** of the oven until golden-brown, 5-8 min. (**NOTE:** Keep an eye on ciabatta so they don't burn!)



Finish and serve

Add **3 tbsp butter** (dbl for 4 ppl) to **cassoulet**, then stir to combine. Thinly slice **duck**. Divide **cassoulet** between bowls. Top with **duck**. Sprinkle **parsley** over top. Serve **toasted ciabatta** on the side.

Dinner Solved!

Contact

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