

# Pan-Seared Duck Breasts

with Crispy Duck Fat Rice & Sesame-Ginger Arugula Salad

## WHY WE LOVE THIS DISH

We're pairing our togarashi-seasoned duck breasts with a citrusy soy glaze and an irresistible side of veggies and rice—crisped in the pan with a bit of reserved duck fat for rich, savory flavor.

## TECHNIQUE TO HIGHLIGHT

We highly recommend storing the remaining rendered duck fat in your refrigerator for future use! Swap it in for other cooking oils (like we're doing here) for incredible depth of flavor.



**PREMIUM**

2 SERVINGS


⌚ 30-40 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

 ½ cup Long Grain White Rice

 ½ lb Brussels Sprouts


 1 Jalapeño Pepper

 1 Persimmon

 1 Navel Orange

 2 Scallions

 2 oz Arugula

 3 Tbsps Sesame Ginger Dressing

 3 Tbsps Soy Glaze

 1 Tbsp Soy Sauce

 1 Tbsp Vegetarian Ponzu Sauce

 1 Tbsp Sesame Oil

 3 Tbsps Roasted Peanuts

 1 tsp Black & White Sesame Seeds

 1 Tbsp Togarashi Seasoning<sup>1</sup>

1. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds





"Alexa, find Blue Apron recipes."

## 1 Cook & dry the rice

- Carefully rinse the **rice** (sifting through for any small stones or impurities). Drain thoroughly.
- In a medium pot, combine the **rice**, a **pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.
- Transfer to a plate; spread into an even layer and leave uncovered.



## 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 **togarashi** 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 the skin is browned and 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; set aside.
- Wipe out the pan.



## 3 Prepare the ingredients & make the glaze

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the stem ends of the **brussels sprouts**; thinly slice crosswise.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Core the **persimmon**; halve lengthwise, then thinly slice.
- Halve the **orange** crosswise; squeeze the juice of 1 half into a bowl. Peel and medium dice the remaining half.
- In a large bowl, combine the **sliced persimmon**, **diced orange**, and **arugula**.



## Step 3 continued:

- To the bowl of **orange juice**, add the **soy glaze** and **sesame oil**; whisk to combine.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands, knife, and cutting board immediately after handling.

## 4 Cook the vegetables

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced brussels sprouts**, **sliced white bottoms of the scallions**, and **as much of the sliced pepper as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned and softened.
- Add the **ponzu sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until combined.
- Transfer to a bowl; cover with foil to keep warm.
- Wipe out the pan.



## 5 Crisp & finish the rice

- In the same pan, heat **2 tablespoons of the reserved duck fat** on medium-high until hot. (Set the remaining duck fat aside to solidify. Cover and refrigerate for future use, or discard if desired.)
- Add the **cooked rice** in an even layer. Cook, without stirring, 3 to 4 minutes, or until slightly crispy.
- Turn off the heat; stir in the **soy sauce** and **cooked vegetables**. Taste, then season with salt and pepper if desired.



## 6 Finish & serve your dish

- To the bowl of **prepared arugula**, **persimmon**, and **orange**, add the **sesame ginger dressing**; season with salt and pepper. Toss to coat. 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 **finished rice** and **salad**. Garnish the salad with the **peanuts**. Top the duck with the **glaze**; garnish with the **sesame seeds** and **sliced green tops of the scallions**. 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](https://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.

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