

**GREEN
CHEF**

CURRIED DUCK

broccoli & cashew stir-fry, mushroom sesame-ginger amino sauce

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

720

NET CARBS PER SERVING

19 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

Duck is often associated with fancy, overpriced restaurant meals—but why? Cooking duck breasts is actually a pretty straightforward process: slowly render the fat from the skin, then flip and cook the meat to your desired level of doneness. The results—golden, crisp skin with a rich, succulent interior—are completely irresistible. Here, we've seasoned the duck with Malaysian-style curry spices (think: coriander, anise, cumin, clove, and turmeric), and also added sesame-ginger amino sauce and creminis for an ultra-umami experience. The excitement only continues with the base: a bed of gingery broccoli, cashew, bell pepper, and cabbage stir-fry that adds crunch and color. This luxurious dish (ready in 35 minutes, no less!) rivals that of a stuffy bistro any day of the week.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

INGREDIENTS (10 ITEMS)

6 oz **Broccoli**
 ½ oz **Roasted cashews** T
 1 unit **Red bell pepper***
 4 oz **Cremini mushrooms**
 1 whole **Scallion**
 2 (6 oz) **Duck breasts****
 1 tbsp **Malaysian-style curry spices**
 2 oz **Yellow onions**
 & ⅛ oz **& ginger**
 3½ oz **Cabbage & carrots**
 2½ oz **Sesame-ginger amino sauce** T

WHAT YOU'LL NEED

medium nonstick pan
 large sauté pan
 measuring spoons
 thermometer
 cooking oil
 salt & pepper

ALLERGENS

T TREE NUTS (cashews, coconut)

*Due to the varying nature of organic produce, we may have sent a larger bell pepper than needed.
 **Duck is fully cooked when internal temperature reaches 165 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Thinly slice **broccoli** lengthwise.
- Roughly chop **roasted cashews** if necessary.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Thinly slice **scallion**; discard root end.

**The ingredient you received may be a different color.*

**Use enough bell pepper to match the size of a baseball, saving the rest for another day. If you have a food scale, use 3.5 oz to stay under 35 grams of net carbs per serving.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 SEASON & START DUCK

- Pat **duck breasts** dry with paper towels. Season with about half of the **Malaysian-style curry spices**, a pinch of salt, and a pinch of pepper.
- Heat about 1½ tablespoons cooking oil in a medium nonstick pan over medium-low heat until shimmering. Add **duck** (skin-side down) to hot pan. Sear over medium heat about 15–20 minutes until skin is crispy. Carefully pour out fat as needed. (You'll finish the duck in Step 5.)

3 START VEGGIE STIR-FRY

- Once duck has cooked 15 minutes, start stir-fry. Heat about 1½ teaspoons cooking oil in a large sauté pan over medium heat. Add **broccoli**, **cashews**, and **yellow onions and ginger**. Season with remaining **curry spices**, about ¼ teaspoon salt, and a pinch of pepper. Stir to combine. Cook 3–5 minutes, or until broccoli is crisp-tender, stirring occasionally.

4 FINISH VEGGIE STIR-FRY

- Add **bell pepper** and **cabbage*** and **carrots** to pan with **veggies**. Lightly season with salt and pepper. Cook 3–4 minutes, or until veggies are tender, stirring occasionally. Remove from heat.

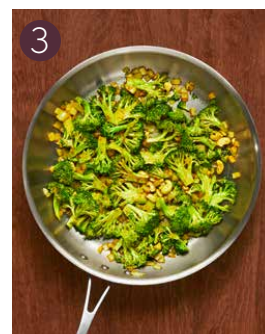
**The ingredient you received may be a different color.*

5 FINISH DUCK

- Flip **duck** in pan. Pour **sesame-ginger amino sauce** and 2 tablespoons water over **duck**. Add **cremini mushrooms**. Simmer 5–8 minutes, or until mushrooms are tender and duck is fully cooked (or to desired doneness).

6 PLATE YOUR DISH

- Slice **duck** into 5–7 slices each.
- Divide **broccoli and cashew stir-fry** between plates. Serve **curried duck** over top. Drizzle with **mushroom sesame-ginger amino sauce** to taste. Sprinkle with **scallion**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (482g)

Amount per serving

Calories **660**

	% Daily Value*
Total Fat 45g	58%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 180mg	60%
Sodium 760mg	33%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	21%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 41g	
Vitamin D 0mcg	0%
Calcium 108mg	8%
Iron 25mg	140%
Potassium 931mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Duck Breast, Cremini Mushrooms, Broccoli, Bell Peppers, Red Cabbage, Carrots, Ginger [organic ginger, organic cane sugar, organic rice vinegar, citric acid], **Yellow Onions, Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Scallions, Malaysian-Style Curry Spices** (Ground Fennel, Ground Coriander, Ground Cumin, Black Pepper, Ground Cloves, Anise Seeds, Ground Cardamom, Cinnamon, Ancho Chili Powder, Turmeric), **Sesame-Ginger Amino Sauce** (Garlic, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Apple Cider Vinegar [apple cider vinegar], Puréed Ginger [ginger], Crushed Red Pepper Flakes, Coconut Nectar [coconut tree sap], Lemon Juice [lemon], Sesame Oil [refined sesame oil], Toasted Sesame Oil [toasted sesame oil])

Allergen information:

Contains Tree Nuts

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.