



**GREEN  
CHEF**

## CHORIZO-STYLE DUCK IN BALSAMIC PORCINI SAUCE

*roasted chard, broccoli, artichokes & bell pepper, hazelnuts*

### COOK TIME

35 MIN

### SERVINGS

2

### CALORIES PER SERVING

670

### NET CARBS PER SERVING

12 GRAMS

### MENU

KETO // GLUTEN-FREE

Tonight we're giving duck some chorizo-style flare and flavor for this five-star, restaurant-worthy meal. First, you'll coat duck breasts in our smoky Spanish-style seasoning, then sear them up to a crispy-on-the-outside, juicy-on-the-inside finish. The same spices go on broccoli, chard, artichokes, and bell pepper. Finally, you'll prepare an extra-special sauce using dried porcini mushrooms and a balsamic roasted red pepper sauce. The mixture gets spooned over the spiced duck, then topped with crunchy hazelnuts. (Psst—if you want to plate your duck with even more grandeur, we suggest taking out your best dishes.)



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)

2 (6 oz)	<b>Duck breasts*</b>
1 tsp	<b>Smoky Spanish-style seasoning</b>
6 oz	<b>Broccoli</b>
2¾ oz	<b>Rainbow chard</b>
1¼ oz	<b>Artichoke hearts</b>
1 unit	<b>Red bell pepper</b>
¼ oz	<b>Garlic</b>
⅛ oz	<b>Dried porcini mushrooms</b>
½ oz	<b>Hazelnuts <sup>T</sup></b>
3½ oz	<b>Balsamic roasted red pepper sauce with olive oil</b>

### WHAT YOU'LL NEED

medium sauté pan  
baking sheet  
mixing bowls  
measuring cup & spoons  
thermometer  
oven mitt  
cooking oil  
1 tbsp butter <sup>M</sup>  
salt & pepper

### ALLERGENS

- <sup>T</sup> TREE NUTS (hazelnuts)
- <sup>M</sup> MILK

\*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 COOK DUCK

- Preheat oven to 425 degrees.
- Pat **duck breasts** dry with paper towels. Season with salt, pepper, and about half of the **smoky Spanish-style seasoning**.
- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium heat. Add **duck**, skin side down, to hot pan. Sear 15–20 minutes, or until skin is crispy and most of the fat has rendered, pouring off fat into a small bowl as needed. Flip **duck**. Cook 3–5 minutes (or to desired doneness).
- Transfer **duck** to a cutting board. Let rest at least 3 minutes. (Reserve pan.)

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 PREP

- Cut **broccoli** lengthwise into slices, about ¼ inch thick.
- Remove thick center stems from **rainbow chard\***. Slice stems into pieces, about ¼ inch each. Roughly chop leaves into bite-size pieces.
- Roughly chop **artichoke hearts**.
- Cut **red bell pepper\*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Roughly chop **garlic**.
- Place **dried porcini mushrooms** in a second small bowl. Cover with about ¼ cup water. Let soak about 5 minutes, or until softened. Roughly chop **mushrooms** (reserve soaking liquid).
- Roughly chop **hazelnuts** if necessary.

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

# 3 SEASON & ROAST VEGGIES

- Place **broccoli, chard stems and leaves, artichokes, and bell pepper** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Season with salt, pepper, and remaining **Spanish-style seasoning**. Stir to evenly coat.
- Spread **veggies** out in a single layer. Roast 14–16 minutes, or until fork-tender, stirring halfway through.

# 4 MAKE SAUCE

- Heat about 1 tablespoon cooking oil in pan used for duck over medium heat. Add **garlic** and **mushrooms** to hot pan. Cook 1–2 minutes, or until fragrant, stirring occasionally.
- Add **balsamic roasted red pepper sauce with olive oil** and reserved **mushroom soaking liquid**. Cook 1–2 minutes, or until slightly thickened, stirring occasionally.
- Remove from heat. Stir in 1 tablespoon butter. Season with salt and pepper.

# 5 PLATE YOUR DISH

- Cut **duck breasts** into 5–7 slices each.
- Divide **roasted veggies** between bowls. Fan **chorizo-style duck** over top. Spoon **balsamic porcini sauce** over duck. Garnish with **hazelnuts**. Enjoy!





# Nutrition Facts

2 Servings per container

Serving size (462g)

Amount per serving

Calories 670

	% Daily Value*
<b>Total Fat</b> 50g	64%
Saturated Fat 13g	65%
Trans Fat 0g	
<b>Cholesterol</b> 195mg	65%
<b>Sodium</b> 500mg	22%
<b>Total Carbohydrate</b> 18g	7%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 41g	
Vitamin D 1mcg	6%
Calcium 93mg	8%
Iron 24mg	130%
Potassium 789mg	15%

\* 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, Dried Porcini Mushrooms** [dried procini mushrooms], **Broccoli, Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Bell Peppers, Balsamic Roasted Red Pepper Sauce** (Roasted Red Peppers [bell pepper], Tomato Paste [vine ripened organic tomatoes], Lemon Juice [lemon], Balsamic Vinegar [wine vinegar, concentrated grape must], Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Olive Oil [olive oil], Sea Salt, Water, Ascorbic Acid [ascorbic acid]), **Rainbow Chard, Garlic, Hazelnuts** [hazelnuts], **Smoky Spanish-Style Seasoning** (Granulated Garlic, Ground Cumin, Cinnamon, Ground Coriander, Crushed Red Pepper Flakes, Sweet Paprika, Smoked Paprika, Ground Fennel, Applewood-Smoked Sea Salt)

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.