



WHATSheATE



HEALTH SCORE

51%

Duck Breast with Roasted Peaches and Walnut-Parsley Fried Rice



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



863 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons sea salt
- ☐ 0.8 cup duck demi-glace
- ☐ 48 ounce duck breasts boneless with skin
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 3 tablespoons ginger fresh finely chopped (from 2-inch-long knob)
- ☐ 1 cup parsley leaves fresh coarsely chopped
- ☐ 2 cloves garlic finely chopped

- ☐ 0.8 cups micro greens mixed
- ☐ 2 cups jasmine rice
- ☐ 0.5 cup juice of lime fresh (from 2 medium limes)
- ☐ 2 tablespoons chicken broth low-sodium
- ☐ 3 medium peaches pitted unpeeled halved
- ☐ 1 tablespoon sesame oil
- ☐ 0.5 medium shallots finely chopped
- ☐ 1 cup soya sauce
- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon butter unsalted
- ☐ 4 teaspoons vegetable oil plus more if needed to add to duck fat
- ☐ 1 cup walnut pieces toasted chopped
- ☐ 1 teaspoon pepper white freshly ground

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ kitchen thermometer
- ☐ wok

Directions

- ☐ In large, heavy saucepan over moderately high heat, combine rice and 4 1/2 cups water and bring to gentle boil.
- ☐ Remove from heat, cover, and let stand 20 minutes.
- ☐ Spread on large rimmed baking sheet and refrigerate, uncovered, until cool and dry, at least 2 hours or overnight.

- ☐ In small saucepan over moderately high heat, stir together 1 cup water, soy sauce, lime juice, ginger, garlic, and sesame oil. Simmer, uncovered, until reduced by 15 percent, 3 to 4 minutes.
- ☐ Remove soy-lime emulsion from heat and set aside to cool.
- ☐ Preheat oven to 375°F. In 8-inch cast-iron skillet over moderately high heat, heat 1 teaspoon vegetable oil until hot but not smoking. Coat cut sides of peaches with sugar, transfer peaches, cut side down, to skillet, and cook until sugar just begins to caramelize, about 2 minutes.
- ☐ Transfer skillet to oven and roast peaches until edge of skin is easy to lift away from flesh (leave skin on), 6 to 7 minutes. Keep peaches warm and leave oven on.
- ☐ Pat duck breasts dry. Using sharp knife, score skin in 1-inch crosshatch pattern, taking care not to cut through fat into meat below.
- ☐ Sprinkle breasts with salt and pepper.
- ☐ In large, ovenproof skillet over moderately low heat, heat 1 1/2 teaspoons vegetable oil until hot but not smoking. Working in 2 batches (wipe pan clean and add remaining 1 1/2 teaspoons oil before second batch), sear duck breasts, skin side down, until skin is golden brown and crisp, 10 to 12 minutes. As fat is rendered, periodically drain off and reserve. Return all 6 breasts to skillet, skin side up.
- ☐ Transfer skillet to oven and roast breasts to desired doneness, 2 to 3 minutes for medium-rare (instant-read thermometer inserted into breasts will read 135°F). Keep warm.
- ☐ In small, heavy saucepan over high heat, simmer demi-glace until reduced by 25 percent, about 5 minutes. Stir in butter and keep warm.
- ☐ While demi-glace is reducing, fry rice: Measure reserved duck fat and add vegetable oil if necessary to make 3 tablespoons. In large, well-seasoned wok or large, deep, heavy skillet over high heat, heat fat until just smoking.
- ☐ Add shallots and stir-fry until translucent, about 1 minute.
- ☐ Add walnuts, rice, parsley, chicken stock, and 1 cup soy-lime emulsion and stir-fry until rice is golden brown, about 3 minutes.
- ☐ Remove from heat and keep warm.
- ☐ Holding sharp knife at 45°F angle, cut each duck breast into thin slices. Divide rice among 6 large plates and lay duck slices over each mound.
- ☐ Drizzle each with demi-glace and mound micro greens on top.
- ☐ Sprinkle with chives and serve immediately.

Nutrition Facts

PROTEIN 30.57% FAT 33.3% CARBS 36.13%

Properties

Glycemic Index:65.09, Glycemic Load:36.02, Inflammation Score:-9, Nutrition Score:46.8591298884321%

Flavonoids

Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 863.16kcal (43.16%), Fat: 31.86g (49.02%), Saturated Fat: 6.3g (39.37%), Carbohydrates: 77.78g (25.93%), Net Carbohydrates: 73.56g (26.75%), Sugar: 14.87g (16.53%), Cholesterol: 179.65mg (59.88%), Sodium: 3485.33mg (151.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.81g (131.62%), Vitamin B12: 29.49µg (491.54%), Vitamin K: 175.67µg (167.3%), Vitamin B6: 1.71mg (85.57%), Manganese: 1.68mg (84.06%), Selenium: 57.83µg (82.61%), Iron: 14.19mg (78.82%), Vitamin B1: 1.08mg (71.88%), Phosphorus: 644.7mg (64.47%), Copper: 1.28mg (64.1%), Vitamin B3: 11.35mg (56.76%), Vitamin B2: 0.84mg (49.69%), Vitamin C: 39.13mg (47.44%), Magnesium: 128.05mg (32.01%), Potassium: 1063.74mg (30.39%), Vitamin B5: 2.91mg (29.11%), Vitamin A: 1381.72IU (27.63%), Zinc: 3.39mg (22.57%), Folate: 70.48µg (17.62%), Fiber: 4.22g (16.88%), Vitamin E: 1.22mg (8.13%), Calcium: 77.88mg (7.79%)