



Duck Breasts with Honey Coriander Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 1 cup chicken stock see
- ☐ 1 leaves cilantro as garnish to taste
- ☐ 0.5 cup coriander seeds
- ☐ 0.5 cup honey
- ☐ 2 pinch kosher salt
- ☐ 2 pinch cracked pepper black

Equipment

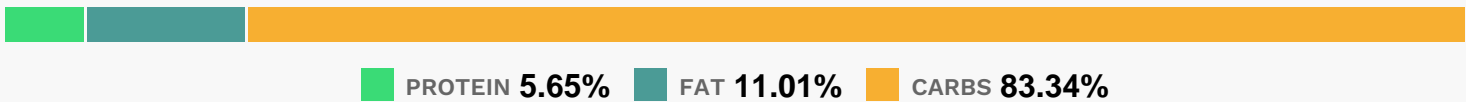
- ☐ frying pan

- ☐ sauce pan
- ☐ stove
- ☐ mortar and pestle

Directions

- ☐ Prepare the duck breasts: Trim off some excess fat and skin from the duck breasts to neaten the appearance, but leave enough fat to cover one side of the meat for flavor. Score the skin in a crisscross pattern and season both sides.
- ☐ Let rest at room temperature for 1 hour.Prepare the Honey Coriander Sauce: Dry-fry the coriander seeds in a non-stick frying pan over medium-high heat until they give off a spicy aroma and are dark in color (but not burnt), about 3 to 5 minutes.
- ☐ Place into a mortar and crush with a pestle.
- ☐ Put the honey and soy sauce in a large saucepan and slowly bring to a boil, while stirring.
- ☐ Add the stock and crushed coriander seeds and simmer until reduced by half, about 10 minutes.
- ☐ Place the breast, skin-side down, in a cool frying pan set over medium-low heat. Cook for 10 minutes, pressing the duck frequently to keep it as flat as possible.
- ☐ Remove all the fat from the pan, turn the duck over and cook for a further 7 minutes or until done to your liking.
- ☐ Let the duck rest on a rack near the stove for 5 to 10 minutes.
- ☐ Serve: Slice the duck and arrange with the Polenta Cakes, if using.
- ☐ Drizzle the sauce on the plate and garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:29.07, Glycemic Load:18.21, Inflammation Score:-2, Nutrition Score:4.736956546488%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 180.4kcal (9.02%), Fat: 2.5g (3.85%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 42.58g (14.19%), Net Carbohydrates: 38.28g (13.92%), Sugar: 35.74g (39.71%), Cholesterol: 1.8mg (0.6%), Sodium: 110.5mg (4.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.77%), Fiber: 4.29g (17.18%), Manganese: 0.23mg (11.57%), Iron: 1.95mg (10.81%), Magnesium: 36.4mg (9.1%), Calcium: 75.64mg (7.56%), Copper: 0.15mg (7.32%), Selenium: 4.28µg (6.12%), Potassium: 213.71mg (6.11%), Vitamin B3: 1.22mg (6.08%), Phosphorus: 58.99mg (5.9%), Vitamin B2: 0.1mg (5.68%), Zinc: 0.65mg (4.33%), Vitamin C: 2.5mg (3.03%), Vitamin B1: 0.05mg (3.01%), Vitamin B6: 0.05mg (2.36%)