



Duck with oriental passion fruit & orange sauce



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



380 kcal

SIDE DISH

Ingredients

- ☐ 2 fillet duck breasts with skin on
- ☐ 2 passion fruits
- ☐ 1 tbsp olive oil
- ☐ 1 garlic clove chopped
- ☐ 2 juice of orange
- ☐ 1 tbsp muscovado sugar light
- ☐ 1 tbsp soya sauce

☐ 2 servings rocket salad and rice wild

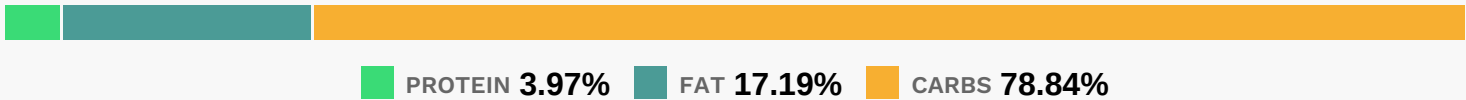
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ sieve

Directions

- ☐ Use a sharp knife to score the fatty skin on the duck breasts in a diamond pattern this helps the fat to drain off. Set aside. Halve the passion fruit, scoop out the pulp into a small bowl and reserve.
- ☐ Heat the oil to a medium heat in a frying pan and cook the duck breasts, skin side down, for 5– 6 minutes until the skin is golden. Turn them over and cook for 6–7 minutes until tender. Take care, as the fat has a tendency to spit.
- ☐ Put the duck aside on 2 warm plates and keep warm.
- ☐ Drain off all but 1 tbsp of duck fat and cook the garlic until it is just starting to turn golden no more or it will burn and taste bitter. Stir in the passion fruit pulp, orange juice, sugar and soy sauce. Bring to the boil, and let it bubble away until reduced by two-thirds, about 7–10 minutes. Season, then pour in any of the tasty juices from the duck.
- ☐ Pass the sauce through a sieve, then pick out a few of the little black pips and add them to the sauce for decoration and crunch. Spoon a little sauce around each duck breast and serve with a simple rocket salad and some boiled white and wild rice.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:3.45, Inflammation Score:-8, Nutrition Score:12.935217440128%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 7.17mg, Hesperetin: 7.17mg, Hesperetin: 7.17mg, Hesperetin: 7.17mg Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin:

1.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 379.55kcal (18.98%), Fat: 7.7g (11.84%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 79.41g (26.47%), Net Carbohydrates: 71.83g (26.12%), Sugar: 61.86g (68.73%), Cholesterol: 0.77mg (0.26%), Sodium: 531.18mg (23.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.99%), Vitamin C: 41.93mg (50.82%), Vitamin A: 1716.97IU (34.34%), Vitamin K: 35.9µg (34.19%), Fiber: 7.58g (30.33%), Copper: 0.39mg (19.7%), Potassium: 593.22mg (16.95%), Vitamin B3: 2.44mg (12.21%), Manganese: 0.24mg (11.79%), Iron: 2.03mg (11.26%), Magnesium: 38.53mg (9.63%), Folate: 38.49µg (9.62%), Vitamin B2: 0.15mg (9%), Phosphorus: 85.5mg (8.55%), Vitamin B1: 0.12mg (8.31%), Vitamin B6: 0.15mg (7.42%), Vitamin E: 1.08mg (7.17%), Calcium: 54.69mg (5.47%), Vitamin B5: 0.4mg (4.01%), Zinc: 0.55mg (3.65%), Vitamin B12: 0.13µg (2.17%)