



French bean & duck Thai curry



Gluten Free



Dairy Free



Low Fod Map

READY IN



125 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 duck breasts
- ☐ 6 tbsp thai curry paste green
- ☐ 1 tbsp brown sugar light
- ☐ 400 ml coconut milk canned
- ☐ 2 tbsp fish sauce
- ☐ 2 juice of lime
- ☐ 6 kaffir lime leaves shredded whole finely
- ☐ 200 g bean french trimmed

- ☐ 2 handfuls beansprouts
- ☐ 1 handful coriander leaves
- ☐ 1 chilli red deseeded sliced

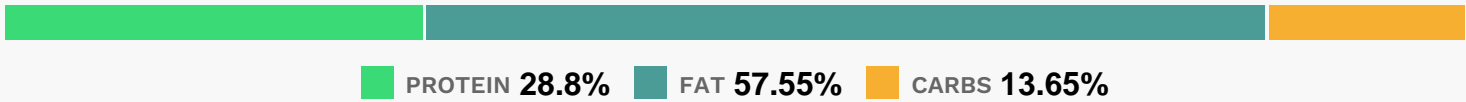
Equipment

- ☐ frying pan

Directions

- ☐ Place a saut pan over a low heat and add the duck breasts, skin-side down, to the dry pan. Slowly fry until the skin is brown and a lot of the fat has rendered off this can take about 20 mins. Flip them over to seal the other side for 1 min, then remove to a board until cool enough to handle.
- ☐ Pour all but 2 tbsp of the fat from the pan.
- ☐ While the meat is resting, return the pan to the heat, then fry the curry paste and sugar for 1-2 mins until it becomes fragrant. Tip in the coconut milk, then fill the can with water and add this, too.
- ☐ Add the fish sauce, half the lime juice and the whole lime leaves, then bring to a simmer. Slice the duck breasts, then tip into the curry. Cover the pan, then simmer everything on the lowest heat for 1 hr until the duck is tender.
- ☐ Add the beans to the curry, then continue to cook, covered, for 10 mins until the beans are tender with a slight crunch. Taste and add more lime juice, fish sauce or sugar to season.
- ☐ Stir in the bean sprouts, cook for 1 min more, then serve with coriander, shredded lime leaves and sliced chilli, if you like, and boiled jasmine rice.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.67, Inflammation Score:-10, Nutrition Score:34.315217619357%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg,

Naringenin: 0.06mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 510.38kcal (25.52%), Fat: 33.19g (51.07%), Saturated Fat: 24.32g (152.01%), Carbohydrates: 17.72g (5.91%), Net Carbohydrates: 11.94g (4.34%), Sugar: 10g (11.11%), Cholesterol: 130.51mg (43.51%), Sodium: 823.38mg (35.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.37g (74.74%), Vitamin B12: 22.08µg (367.97%), Vitamin A: 3827.35IU (76.55%), Selenium: 41.48µg (59.25%), Vitamin B6: 1.17mg (58.65%), Iron: 10.42mg (57.87%), Vitamin C: 46.39mg (56.23%), Manganese: 1.01mg (50.55%), Vitamin B1: 0.73mg (48.56%), Phosphorus: 434.15mg (43.41%), Copper: 0.83mg (41.49%), Vitamin B3: 7.02mg (35.11%), Vitamin B2: 0.54mg (31.9%), Potassium: 885.69mg (25.31%), Magnesium: 101mg (25.25%), Fiber: 5.78g (23.12%), Vitamin B5: 1.67mg (16.72%), Zinc: 2.01mg (13.42%), Folate: 42.03µg (10.51%), Calcium: 69.59mg (6.96%), Vitamin K: 5.18µg (4.93%), Vitamin E: 0.52mg (3.46%)