



WHATSheATE



HEALTH SCORE

57%

## Peppered duck with vanilla mash, pea & wild mushroom ragout



Gluten Free

READY IN



50 min.

SERVINGS



2

CALORIES



866 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 duck breast meat – skin left on
- ☐ 1 tbsp pepper black
- ☐ 85 g bacon smoked
- ☐ 50 g chanterelles wild such as chanterelle or oyster, sliced or torn
- ☐ 2 tbsp plum brandy
- ☐ 100 g pea-mond dressing fresh frozen boiling cooked for 2 mins in water, or peas, defrosted
- ☐ 100 ml chicken stock see

- ☐ 500 g potatoes
- ☐ 2 tbsp crème fraîche
- ☐ 0.3 vanilla pod split
- ☐ 1 small knob butter

## Equipment

- ☐ frying pan
- ☐ colander
- ☐ potato ricer

## Directions

- ☐ Peel the potatoes and cut into chunks.
- ☐ Place them in a pan of cold, salted water and bring to the boil. Turn down the heat and simmer for 10 mins until tender, then drain in a colander. While they are draining, place the pan back on a low heat with the cream and vanilla pod and heat to infuse.
- ☐ Remove vanilla pod and take pan off the heat. Push the potatoes through a ricer back into the pan.
- ☐ Add the butter and seasoning, then beat to form a smooth mash. Set aside.
- ☐ Season the duck all over with salt and press the pepper into the skin side.
- ☐ Put the duck, skin-side down, in a cold frying pan and place over a low-medium heat. As the pan heats up, the duck will start to cook you only want a gentle sizzle coming from the pan. If it is cooking too quickly, turn the heat down slightly. Cook for 10 mins, shaking the pan occasionally. When the skin is mahogany and crisp, flip the breasts over and cook on the flesh side for 5 mins more. This will give you duck that is slightly pink in the middle.
- ☐ Transfer the duck to a tray or plate and leave it to rest.
- ☐ Pour off all but 1 tsp fat from the duck pan, place pan back on the heat and cook the bacon for 3 mins until crisp. Turn up the heat, add the mushrooms and cook for 2 mins more. Splash in the Port, add the peas and stock, then simmer for 2 mins more.
- ☐ Pour any juices from the rested duck into the pan and season to taste.

## Nutrition Facts



 **PROTEIN 29.02%**  **FAT 41.31%**  **CARBS 29.67%**

Properties

Glycemic Index:103.38, Glycemic Load:35.27, Inflammation Score:-8, Nutrition Score:49.430434579435%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 865.51kcal (43.28%), Fat: 38.85g (59.77%), Saturated Fat: 15.54g (97.1%), Carbohydrates: 62.8g (20.93%), Net Carbohydrates: 52.34g (19.03%), Sugar: 6.29g (6.99%), Cholesterol: 233.25mg (77.75%), Sodium: 575.14mg (25.01%), Alcohol: 2.3g (100%), Alcohol %: 0.42% (100%), Protein: 61.4g (122.8%), Vitamin B12: 29.64µg (493.93%), Vitamin B6: 2.31mg (115.62%), Vitamin B1: 1.35mg (90.18%), Selenium: 58.18µg (83.11%), Iron: 14.86mg (82.56%), Vitamin C: 63.67mg (77.18%), Phosphorus: 747.73mg (74.77%), Vitamin B3: 14.18mg (70.9%), Copper: 1.26mg (63.21%), Potassium: 2132.28mg (60.92%), Vitamin B2: 0.95mg (55.8%), Manganese: 1.1mg (54.9%), Fiber: 10.46g (41.84%), Folate: 162.14µg (40.54%), Magnesium: 151.99mg (38%), Vitamin B5: 3.36mg (33.57%), Zinc: 3.8mg (25.32%), Vitamin K: 11.53µg (10.98%), Vitamin A: 503.09IU (10.06%), Vitamin D: 1.5µg (9.97%), Calcium: 85.31mg (8.53%), Vitamin E: 0.68mg (4.56%)