



Roasted duck breast with plum sauce



Gluten Free



Popular

READY IN



35 min.

SERVINGS



2

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 duck breasts
- ☐ 1 thyme sprig
- ☐ 1 star anise
- ☐ 25 g butter
- ☐ 1 shallots finely chopped
- ☐ 1 tbsp olive oil
- ☐ 250 g plums dark red halved cut into small wedges
- ☐ 50 g little demerara sugar

- ☐ 50 ml red wine
- ☐ 300 ml beef stock

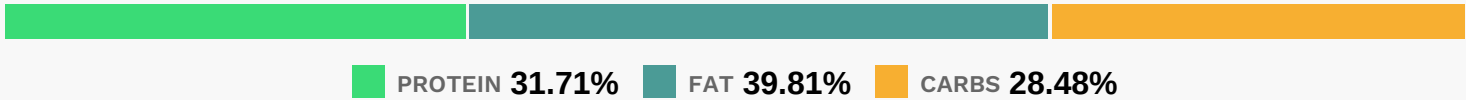
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ cutting board

Directions

- ☐ For the sauce, fry the shallot in the oil for 5 mins or until softened but not coloured.
- ☐ Add the plums and sugar, stirring for a few mins until the sugar has dissolved.
- ☐ Add the red wine and stock, then simmer for about 15 mins, stirring occasionally, until softened and slightly thickened. Keep warm or leave at room temperature for up to a day before reheating to serve.
- ☐ Meanwhile, heat the oven to 180C/ 160C fan/gas
- ☐ Score the skin of the duck breasts with a sharp knife and season well with salt and pepper.
- ☐ Heat a non-stick frying pan and place the duck breasts in, skin-side down. Fry for 6-7 mins, then turn and add the thyme, star anise and butter. Allow this to melt, basting the duck with the juices, then transfer everything to a small roasting tin and finish in the oven for 5-6 mins for pink or 10-12 mins for well done.
- ☐ When the duck is ready, baste again with the juices, then rest for 5 mins while you finish everything else.
- ☐ To serve, thinly slice each duck breast on a chopping board. Arrange on each plate along with a spoon of the Creamed potatoes, some of the plum sauce and the Buttered spinach.

Nutrition Facts



Properties

Glycemic Index:91.83, Glycemic Load:5.48, Inflammation Score:-8, Nutrition Score:32.9973913483%

Flavonoids

Cyanidin: 7.09mg, Cyanidin: 7.09mg, Cyanidin: 7.09mg, Cyanidin: 7.09mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Malvidin: 3.51mg, Malvidin: 3.51mg, Malvidin: 3.51mg, Malvidin: 3.51mg Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg Catechin: 5.42mg, Catechin: 5.42mg, Catechin: 5.42mg, Catechin: 5.42mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg Epicatechin 3-gallate: 0.95mg, Epicatechin 3-gallate: 0.95mg, Epicatechin 3-gallate: 0.95mg, Epicatechin 3-gallate: 0.95mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 639.26kcal (31.96%), Fat: 27.44g (42.22%), Saturated Fat: 10.41g (65.07%), Carbohydrates: 44.17g (14.72%), Net Carbohydrates: 41.87g (15.23%), Sugar: 39.17g (43.52%), Cholesterol: 200.9mg (66.96%), Sodium: 514.01mg (22.35%), Alcohol: 2.69g (100%), Alcohol %: 0.58% (100%), Protein: 49.17g (98.35%), Vitamin B12: 29.4µg (490.02%), Vitamin B6: 1.54mg (76.94%), Selenium: 47.38µg (67.68%), Vitamin B1: 1mg (66.7%), Iron: 11.47mg (63.7%), Vitamin B2: 0.87mg (51.02%), Phosphorus: 506.84mg (50.68%), Vitamin B3: 9.64mg (48.22%), Copper: 0.85mg (42.43%), Vitamin C: 27.79mg (33.69%), Potassium: 1177.96mg (33.66%), Vitamin B5: 2.04mg (20.4%), Magnesium: 77.19mg (19.3%), Vitamin A: 889.72IU (17.79%), Zinc: 2.11mg (14.04%), Vitamin K: 13.44µg (12.8%), Vitamin E: 1.64mg (10.95%), Fiber: 2.29g (9.17%), Manganese: 0.17mg (8.33%), Folate: 28.01µg (7%), Calcium: 44.43mg (4.44%)