

Sweet soy-glazed duck breast

Total time **85 mins** **20 mins** preparation time **60 mins** cooking time **5 mins** cooling time

Nutritional facts (per portion):
2,392 kJ / 571 kcal

Fat: **27 g** Protein: **33 g**
Carbohydrates: **50 g**

INGREDIENTS

2 portion(s)

- 2** duck breasts
Salt and freshly ground black pepper
- 4 tbsp** Kikkoman Sauce for Rice - sweet
- 2 tsp** honey or maple syrup
- 1 tsp** Kikkoman Toasted Sesame Oil
- 300 g** potatoes, peeled and cut into pieces
- 2** large carrots, peeled and cut into thick sticks
- 2 tbsp** olive oil
Fresh herbs for decoration (e.g. coriander or parsley)

PREPARATION

Step 1

2 duck breasts - Salt and freshly ground black pepper - **4 tbsp** Kikkoman Sauce for Rice - sweet **2 tsp** honey or maple syrup - **1 tsp** Kikkoman Toasted Sesame Oil

Score the duck breast skin in a criss-cross pattern without cutting into the meat. Season with the salt and pepper. Heat a pan over medium heat. Place the meat skin-side down and fry for 5-7 minutes until the fat renders and the skin is golden and crispy. Meanwhile, mix the Kikkoman Sauce for Rice, honey and Kikkoman Sesame Oil in a small bowl. Turn the breasts, brush with half the sauce and transfer to a baking tray, skin side up.

Step 2

300 g potatoes, peeled and cut into pieces - **2** large carrots, peeled and cut into thick sticks - **2 tbsp** olive oil - Salt and freshly ground black pepper

Toss the potatoes and carrots with the olive oil, salt and pepper. Spread on a separate baking tray and roast in a preheated oven at 200°C for about 40 minutes until soft and lightly browned.

Step 3

Roast the duck breasts in the same oven for approx. 20 minutes for medium rare. Halfway through, brush with the remaining sauce. Let rest for a few minutes before slicing thinly.

Step 4

Fresh herbs for decoration (e.g. coriander or parsley)

Arrange the sliced duck breast on a plate with the roasted potatoes and carrots. Garnish with the fresh herbs and serve.