

## Teriyaki Duck

Total time **30 mins 30 mins** preparation time

Nutritional facts (per portion): **976 kJ / 232 kcal** 

## INGREDIENTS

4 portion(s)

500 g	duck breast, skinned and
	cut into slices
5 tbsp	Kikkoman Teriyaki Sauce
	with Roasted Garlic
	Oil for frying
200 ml	orange juice
20 g	sugar
20 g	mustard
20 g	each of radish, carrots,
	celery and cucumber

Fat: **9 g** Protein: **26 g** Carbohydrates: **10 g** 

## PREPARATION

Step 1

Marinate the duck meat for approx. 20 minutes in Teriyaki Sauce with Roasted Garlic. Sear briefly in the oil at a very high temperature on both sides and then roast in the oven at 180°C for approximately 7 minutes.

## Step 2

In the meantime, add orange juice and the teriyaki duck marinade to the frying juices. Also add sugar and mustard before reducing.

Step 3

Trim and wash the vegetables, then cut them into fine strips.

Step 4

Arrange the teriyaki duck decoratively on a plate, pour over the orange sauce and garnish with the vegetable strips.