

# Teriyaki Duck

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

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

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

## 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

## 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.