

## Main Course

### Duck Breast with Orange Sauce and Mashed Sweet Potatoes

#### Ingredients for 2 servings:

150 g Sweet potatoes  
60 g Potatoes  
Salt  
1/4 Red pepperoni pepper  
1 Small Piece of ginger  
(about. 1 cm)  
1 Small Duck Breast  
Salt  
1 Tsp. Vegetable Oil  
50 ml Duck Stock  
30 ml Dry White wine  
Juice of 1 orange  
50 ml Cream  
White pepper  
100 g Sugar snap peas  
1/2 Tsp. Butter

Peel and dice sweet potatoes and potatoes and boil about 20 minutes in water with salt. Seed pepperoni pepper, wash and slice into rings. Peel and grate ginger. Preheat electric oven to 180 degrees Celsius. Wash duck breast and pat dry, cut diamond shapes into skin and rub salt all over. Heat oil and fry duck breast with the skin side down over medium heat until crispy, remove from pan and place with skin side up on the oven rack with a pan underneath to catch drippings. Roast for about 15 minutes in the oven (electric and gas ovens 180 degrees Celsius/Level 3, Convection oven 160 degrees Celsius). Add pepperoni rings to the remaining pan drippings, cook a few minutes then deglaze with duck stock, wine, and orange juice. Add ginger and cook about 5 minutes until reduced. Add 50 ml cream, heat through and season sauce with salt and white pepper. Blanche sugar snap peas in boiling salt water about 2 minutes and toss in melted butter. Drain potatoes and sweet potatoes and mash with remaining cream and season with salt and white pepper. Slice duck breast and serve with mashed potatoes, sauce, and sugar snap peas. Garnish with pink peppercorns (optional).

Prep time: About 20 minutes

Cooking time: About 40 minutes

Per serving:

kJ/kcal: 2267/541

Protein: 24,2 g

Fat: 33 g

Carbohydrates: 33 g