

# Preserved lemon karé, curry and vegetable, duck breast glazed with honey |

**Recipe for 4 servings**

## **Description**

A tasty vegetable stew with chicken broth and curry, accompanied by honey-lacquered duck breast.

## **Note**

Remember to remove the duck breast 30 minutes before cooking.

## **Ingredients**

### Vegetables curry

- 100 Gr Carrot
- 100 Gr Shiitake mushroom
- 150 Gr Potatoes
- 100 Gr Leek
- 100 Gr Tomato
- 1 Tbsp Green cari paste
- 125 Ml Chicken stock
- 30 Gr Preserve lemon
  
- Salt and pepper
- Vegetable oil

### Duck

- 400 Gr Duck magret
- 1 Unit(s) Orange
- 1 Tbsp Honey
- 1 Tsp 4 spices powder
  
- Salt and pepper
- Vegetable oil

### Topping

- 1 Handful(s) Coriander
  
- Salt and pepper
- Vegetable oil

## **Preparation**

- Preparation time **30 mins**
- Preheat your **oven** at **400 F°**

### Setting up

Prepare the duck breast for cooking.

Wash the leek and cut into thin strips.

Core and dice the tomato.

Slice the mushrooms and carrot.

Peel and dice the potato.

Zest the orange and squeeze.

Remove the coriander leaves from the stems and chop roughly.

## Curry

In a saucepan, heat the honey, 4-spice blend, orange zest and juice over medium heat.

In a frying pan, place the duck breast skin-side down and cook over medium heat for about 5 minutes to melt and brown the skin. Return for 1 minute over high heat. Remove the duck breast and bake for 5 minutes, brushing with honey lacquer.

In the same pan, brown the vegetables before adding the chicken stock and curry paste. Cook for a few minutes and season with salt before serving.

## On the plate

Place the vegetable curry on your Asian noodles or rice, then add a few slices of duck breast before finishing with the coriander leaves.

**Bon appétit!**