

Duck breast with blackberry sauce & miso potatoes

Total time **80 mins** **20 mins** preparation time **60 mins** cooking time

Nutritional facts (per portion):

3,420 kJ / 817 kcal

Fat: **31.2 g**

Carbohydrates: **63.2 g**

INGREDIENTS

2 portion(s)

Duck:

- 2** duck breasts, approx. 200 g each
- 2** springs of rosemary

Sauce:

- 120 g** blackberries
- 100 ml** orange juice
- 30 g** honey
- 30 ml** Kikkoman Naturally Brewed Soy Sauce
- 30 ml** apple cider vinegar

Potatoes:

- 400 g** peeled potatoes
- 50 g** light miso paste
- 50 ml** rapeseed oil
- 5 g** garlic granules

PREPARATION

Step 1

400 g peeled potatoes - **50 g** light miso paste - **50 ml** rapeseed oil - **5 g** garlic granules

Cut the potatoes into wedges and mix with the miso paste, garlic granules and oil. Bake at 180 °C for approx. 40 minutes.

Step 2

120 g blackberries - **100 ml** orange juice - **30 g** honey - **30 ml** Kikkoman Naturally Brewed Soy Sauce - **30 ml** apple cider vinegar

Place the sauce ingredients in a pan and cook for about 10 minutes until the sauce thickens.

Step 3

2 springs of rosemary - **2** duck breasts, approx. 200 g each

Score the duck breast skin with a knife in a criss-cross pattern. Place it in a frying pan with the skin side down and fry over a high heat for about 5 minutes on each side until the fat on the skin has rendered out and the duck is golden brown. Add the sprigs of rosemary. Place in a preheated oven at 160 °C and bake for approx. 10-15 minutes, depending on the size of the duck breast.