



INCABERRIES

Duck with Incaberry sauce

Serves 6

Ingredients

¾ cup Incaberries
1 ½ cups salt reduced chicken stock
¼ cup orange juice
¼ cup brandy or orange flavoured liquor eg. Cointreau
2 teaspoons cornflour
1 ½ tablespoons water
4-6 duck breasts
thyme leaves, to serve
1 tablespoon canola oil
6 cups of steamed mixed vegetables to serve

Method

Place the Incaberries in a saucepan along with the chicken stock, orange juice and brandy. Simmer until Incaberries are softened and sauce is reduced slightly. Mix together the cornflour with a 1½ tablespoons water. Gradually pour the mixture into the sauce, stirring until thickened. Remove from the heat and keep warm.

Heat a little oil in a large non stick frying pan over medium heat. Add the duck breasts and cook (in batches if necessary) until golden brown and cooked to your liking. Remove from heat and drain on paper towel.

To serve, reheat the sauce briefly if needed. Place duck breasts on serving plates and pour over Incaberry sauce. Sprinkle with thyme leaves and serve with mixed steamed vegetables or salad.

Nutrients per serve (6 serves)

2150kJ energy, 50g protein, 18g total fat (4.8g saturated fat, 3.5g polyunsaturated fat, 9.0g monounsaturated fat), 23g carbohydrates, 15g sugars, 14g fibre, 440mg sodium