

Recipe

A Romantic Healthy Recipe For Two: Pomegranate Duck

Ingredients:

1 pound duck breast, skin removed
½ teaspoon Kosher salt
2 teaspoons extra-virgin olive oil
1 small shallot, finely chopped
1 cup pomegranate juice
¼ cup low sodium chicken broth
1 teaspoon cornstarch
2 teaspoons fresh chopped parsley

Directions:

Preheat oven to 450 degrees. Sprinkle duck with salt. Heat oil in a medium skillet over medium-high heat. Add the duck and cook until browned on both sides, 3 to 4 minutes per side. Transfer the duck to a small baking dish and roast until a thermometer inserted into the thickest part registers 150°F, 8 to 12 minutes for medium, depending on the size of the breast. Transfer to a cutting board; let rest 5 minutes.

While the duck is roasting, return the pan to medium-high heat. Add shallot and cook, stirring constantly, until fragrant, 30 seconds to 1 minute. Add pomegranate juice and bring to a boil. Reduce heat to a simmer; cook until reduced by half, 1 to 2 minutes. Stir broth and cornstarch in a small bowl until the cornstarch dissolves. Add to the pan. Bring to a boil, stirring constantly. Reduce heat to a simmer and cook, stirring, until the sauce is thickened, 1 to 2 minutes.

When the duck has finished resting, pour any accumulated juices into the sauce and stir to combine.

Thinly slice the duck; serve topped with the pomegranate sauce. Garnish with parsley, if desired.

Nutrition:

Per serving – 272 calories; 10 g fat; 22 g carbohydrates; 23 g protein