

Spicy duck breast



Difficulty: ○○○○○

Preparation time: 20minutes , Cooking time: 40minutes

Total time: 1hours 0minutes , Serving number: 4

0 Calories , 0 g Sugars , 0 g Fats , 0 g Proteins

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Url: <https://www.srecipes.eu/spicy-duck-breast>

Preparation

Breaststroke wash, dry and cut on slices. Add salt and spices. Gradually stir-fry on hot oil on each side 5-7 minutes. Often we turn. We'll select and keep warm. At dripping saute diced onion, mowed garlic, ginger (ginger), chopped pepperoni without beads. About 2-3 minutes we add cleaned, diced bell pepper, carrot, pea, kidney bean and restujeme about 10 minutes. Put the meat and simmer briefly. We pour over sauce and simmer. SAUCE: In oil roast flour, pour over vývarom. Under stirring, cook for about 3 minutes. Add the other ingredients. Thicken with Maizena dissolved in a little water and simmer.

▣ Tip for the Recipe

Serve with boiled rice.



Ingredients

- 800 g chicken breast
- 50 ml olive oil
- 200 g onion
- 2 piece garlic
- 2 piece chili peppers
- 2 slice ginger
- 150 g colored pepper
- 150 g carrot
- 100 g green beans
- 1 g pepper
- 0,5 coffee spoon salt
- 2 spoon soy sauce
- 4 spoon dessert wine

Categories