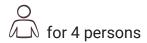
DUCK BREASTS AND GREEN BEANS







Ingredients:

2 duck breasts

500 g of green beans

2 yellow peaches

100/150 g of mesclun

2 green onions

½ lemon, fresh basil

2 tablespoons of lime juice

3 tablespoons of sesame oil

2 tablespoons of roasted rapeseed oil

1 teaspoon of soy sauce Salt / pepper

Instructions:

- 1. Remove the ends of the green beans and cook them in boiling salted water for around 8/10 minutes until they are "al dente". Drain and them refresh.
- 2. Cut the skin of the duck breasts, place them in hot pan, skin side down for 5 minutes, flip them and cook for another 5 minutes on the other side.
- **3.** Place the cooked duck breasts on absorbent papeer to remove excess of fat and set aside.
- **4.** Peel the peaches and slice them into strips, don't forget to put lemon juice over them.
- **5.** Peel and slice the onions.
- 6. Prepare the vinaigrette, whisking together the soy sauce, lime juice, sesame oil and roasted rapessed oil in a bowl, season with pepper.
- **7.** Slice the duck breasts into strips.
- 8. In a salad bowl, put the mesclun and green beans, add the peaches and onions. Pour the vinaigrette over the salad and serve the duck breasts.
- **9.** Add in each plate a drizzle of sesame oil and a few chopped basil leaves.

