


DUCK BREASTS AND GREEN BEANS

 for 4 persons

 20 mn

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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.