



## Pan-Roasted Duck Breasts with Pinot Noir and Cherries

**Active Time:** 30 minutes | **Total Time:** 30 minutes | **Serves:** 4

### Nutrition Information Per Serving

211 calories, 7.49 g carbohydrate, 1.15 g fiber, 6.34 g NET carbs, 22.92 g protein, 5.01 g fat

#### Ingredients

- 1 cup organic frozen unsweetened cherries, thawed
- 2 clove(s) organic garlic, crushed
- 1/2 tsp(s) sea salt
- 1/4 tsp(s) freshly ground black pepper
- 1 Tbsp whole peppercorns
- 1 cup organic red wine
- 1 whole bay leaf
- 16 ounce(s) pasture-raised duck breasts

#### Preparation

1. Preheat the oven to 400 degrees F.
2. Season the duck with salt and pepper. Add the duck, skin side down, to a cold cast-iron enameled pan. Turn the heat to medium heat and let the duck fat render from the skin and get crisp, about 6 minutes. Flip the breasts over, add the wine, peppercorns, garlic, bay leaf and halved cherries.
3. Transfer to oven. Roast the breasts for 8 to 10 minutes for medium rare. Remove the pan from the oven and allow the duck breasts to rest 2 to 3 minutes before slicing.
4. Slice each duck breast, on the bias, into 1/2-inch pieces, with cherries and sauce on top. Serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com.  
If you have obtained this recipe from any source other than MealGenius.com please contact us.