

## Asian Pan-Seared Duck Breasts with Quick-Braised Baby Bok Choy

Active Time: 40 minutes | Total Time: 40 minutes | Serves: 4

### Nutrition Information Per Serving

257.9 calories, 6.56 g carbohydrate, 0.78 g fiber, 5.78 g NET carbs, 23.35 g protein, 14.67 g fat

### Ingredients

- 3 Tbsp(s) Thrive Market Coconut Aminos
- 16 ounce(s) pastured duck breast
- 2 tsp(s) ginger powder
- 1 1/2 tsp(s) sea salt
- 3 Tbsp(s) pastured duck fat
- 1 inch(es) ginger, grated
- 8 head(s) baby bok choy, halved and trimmed

### Preparation

1. In a small bowl, combine the coconut aminos, ginger powder, half the sea salt and fresh ginger. Score the skin side of the duck breast diagonally with a sharp knife.
2. Place duck breast in a shallow dish and pour dressing over. Let stand for 20 minutes at room temperature.
3. In a large skillet that has a lid, add the duck fat and heat over medium-high. Add the bok choy halves, cut-side down and sear for 2-3 minutes, flip. Add a few tablespoons of filtered water and sprinkle bok choy with remaining sea salt. Turn heat to low and simmer until crips-tender, about 8 minutes.
4. Meanwhile, cook the duck breast. Heat a cast iron skillet over medium-high heat. When pan is hot, add duck, skin side down. Sizzle for 7-8 minutes to let fat render out; then flip. Cook 3-5 minutes more to desired temperature. An instant-read thermometer should read 125 F for medium rare.
5. Remove from pan and let rest on a cutting board for 10 minutes.
6. Slice the duck breast on the bias and serve with bok choy and rendered duck fat.

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