

Arab-Inspired Duck Rice with Apple and Bean Salad

A healthy yet flavorful main dish combining tender duck and fragrant rice, accompanied by a refreshing apple and bean salad, drizzled with creamy yogurt dressing.



Main Dish

Arab

60 min

Total time

Moderate

Difficulty

650

kcal / serving

Ingredients

- For the Duck Rice:
- 1 duck breast
- 1 cup basmati rice
- 2 cups chicken or vegetable broth
- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- Salt and pepper, to taste
- For the Apple and Bean Salad:
- 1 apple, thinly sliced
- 1 cup cooked beans (such as chickpeas or kidney beans)
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh mint
- Juice of 1 lemon
- 2 tablespoons extra-virgin olive oil
- Salt and pepper, to taste
- For the Yogurt Dressing:
- 1/2 cup Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 1/4 teaspoon ground cumin
- Salt, to taste

Steps

- 1 Preheat the oven to 400°F (200°C). Score the skin of the duck breast in a crisscross pattern and season with salt and pepper.
- 2 Heat a skillet over medium-high heat and sear the duck breast, skin side down, until golden brown. Flip and cook for another 2 minutes. Transfer the duck breast to a baking dish and roast in the oven for 12-15 minutes or until cooked to medium-rare. Let it rest before slicing.

3

In a separate pot, heat olive oil over medium heat. Add the chopped onion and garlic, and sauté until translucent. Stir in the ground cumin and coriander.

4

Add the basmati rice to the pot and stir to coat with the spices. Pour in the broth and bring to a boil. Reduce heat, cover, and simmer for 15-20 minutes or until the rice is cooked and the liquid is absorbed. Fluff with a fork.

5

In a bowl, combine the sliced apple, cooked beans, chopped parsley, and mint. In a separate small bowl, whisk together the lemon juice, olive oil, salt, and pepper. Pour the dressing over the salad and toss to combine.

6

For the yogurt dressing, mix the Greek yogurt, lemon juice, honey, ground cumin, and salt in a bowl until well combined.

7

To serve, place a portion of the duck rice on a plate, top with sliced duck breast, and serve alongside the apple and bean salad. Drizzle the yogurt dressing over the salad. Enjoy!