

Portuguese Duck with Mango and Nut Oatmeal

This unique dish combines succulent duck with the sweetness of mango and the crunch of nuts, all served over a rich oatmeal base. A fusion of flavors that takes your taste buds on a delightful Portuguese journey.



Main Dish

Portuguese

30 min

Total time

medium

Difficulty

650

kcal / serving

Ingredients

- 1 duck breast
- 1 ripe mango, diced
- 1/4 cup mixed nuts (almonds, walnuts, cashews)
- 1/2 cup oatmeal
- 1 cup chicken broth
- 1 tablespoon olive oil
- 1 tablespoon honey
- Salt and pepper to taste
- Fresh herbs (parsley or cilantro) for garnish

Steps

- 1 Start by seasoning the duck breast with salt and pepper on both sides.
- 2 Heat olive oil in a skillet over medium heat. Place the duck breast skin-side down and cook for about 6-8 minutes until the skin is crispy.
- 3 Flip the duck breast and cook for an additional 4-5 minutes until desired doneness. Remove from pan and let rest.
- 4 In the same skillet, add diced mango and honey, sautéing briefly until the mango is slightly caramelized.
- 5 In a saucepan, bring chicken broth to a boil. Stir in oatmeal and cook for about 5 minutes until creamy, stirring occasionally.
- 6 Chop the mixed nuts and toast them lightly in a separate pan.
- 7 Slice the rested duck breast and serve it on top of the creamy oatmeal. Top with sautéed mango and sprinkle with toasted nuts.
- 8 Garnish with fresh herbs before serving.