

# Duck with pear and avocado

CUISIMAGES

Ref :  
3521

Type :  
Duck

Preparation :  
20 mn  
Rest:

Cooking :  
13 mn

Cost :  


Difficulty :  


Origin :  




## For 2 persons

- 340 g of duck (breast meat)
- 2 tablespoons of lemon juice
- 1 tablespoon of balsamic vinegar
- 5 tablespoons of olive oil
- ½ teaspoon of ginger powder
- 1 pear
- 1 avocado
- 1 small bunch of parsley
- Salt and pepper



Prepare the sauce with the lemon juice, vinegar, ginger and olive oil.

Mix well.



Peel pear, cross it in 2 parts and remove the core. Cut into slices and sprinkle with lemon juice.

Do the same for the avocado.



Cut the skin of the duck.

Place, skin side down, in a preheated frying pan already at medium heat.

Salt, pepper and brown for 7 min on this side.



Flip duck to other side and cook for 6 min.

Remove from pan and cut into fine slices.

Serve the duck sprinkled with sauce, accompanied by pear and avocado, powdered with chopped parsley.



## Recommandation

### Variante

### Wine

Sprinkle lemon juice well on the pear and the avocado so they will not turn black.

Bergerac