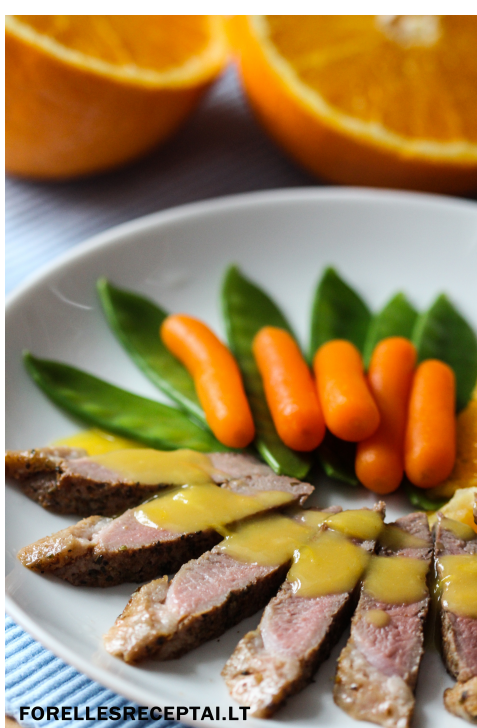


## Duck fillet with orange sauce



### Preparation

1. Squeeze the juice from the orange, add the sugar and stir to dissolve the sugar.
2. Fry the duck fillets in preheated oil, 2-3 minutes for each side. Remove the meat and lay aside. Pour the flour into the pan and cook for about 1 minute stirring all the time, then pour in a small amount of the orange juice with the sugar, add the broth and do not forget to mix constantly to avoid getting lumps in the flour. Add the butter and stir until the butter is melted.
3. Cut the meat into thin slices, lay these on a plate and pour some of the orange sauce over the top. Serve with your favourite steamed vegetables and orange slices.



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### INGREDIENTS

350 g	KITCHEN me duck fillets
1-2 tbsp	Olive oil
1	Orange
1 tbsp	Sugar
50 ml	Broth
1/2 tbsp	Flour
20 g	Butter