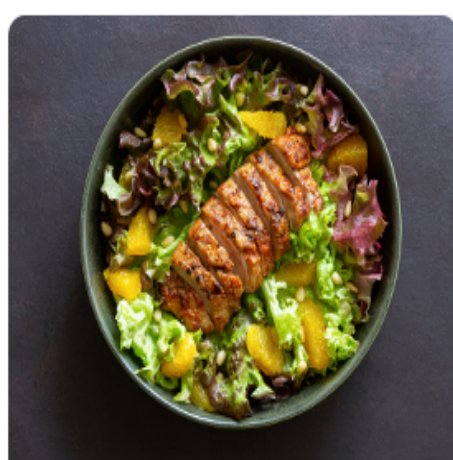


Duck Meat Recipes To Try During Pregnancy

Duck Breast Salad with Orange and Fennel

1. Cook the duck breasts in a skillet over medium-high heat, skin-side down, for 5-6 minutes or until the skin is crispy and golden brown.
2. Remove the duck from the skillet, let it rest for a few minutes, and slice it.
3. Serve the duck breast slices on top of mixed greens and the fennel and orange salad on the side.



Slow Cooker Duck and Vegetable Stew

1. Season duck legs with salt and pepper.
2. Heat a skillet over medium-high heat, then add the duck legs, skin-side down, and cook for 5-6 minutes or until the skin is crispy and golden brown.
3. Transfer the duck legs to a slow cooker.
4. Add onion, carrots, celery, baby corn, tofu, garlic, chicken broth, and thyme to the slow cooker, and cook on low for 6-8 hours or until the duck is tender and the vegetables are cooked through.
5. Serve the stew over cooked mashed potatoes.



Crispy Duck Breast with Sweet Potato and Kale

1. Preheat the oven to 375°F.
2. Season duck breasts with salt and pepper.
3. Cook duck breasts in a skillet over medium-high heat for three minutes.
4. Transfer the duck breasts to a baking pan and into the oven. Cook for 5-6 minutes or until the duck is cooked through.
5. Let the duck rest before slicing and serve on top of roasted sweet potato and sautéed kale.

