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Thai Green Curry with Duck

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Ingredients

- 12 ounce(s) duck, breast, skin removed
- 2 teaspoon oil, canola
- 1 pounds eggplant, diced
- 2 medium pepper(s), red, bell, cut into 1-inch pieces
- 1 cup(s) coconut milk, light
- 1 cup(s) broth, reduced-sodium chicken
- 2 tablespoon sugar, brown
- 1 tablespoon curry paste, red, green
- 1 tablespoon fish sauce, optional
- 1 tablespoon lime juice
- 1/2 cup(s) basil, fresh, sliced

Preparation

- 1) Cut duck breast crosswise into 1/4-inch-thick strips.
- 2) Heat oil in a Dutch oven or large straight-sided skillet over high heat until shimmering but not smoking. Cook the duck, in a single layer, stirring once, until beginning to brown, 1 to 3 minutes. Transfer to a plate.
- 3) Add eggplant, bell peppers, coconut milk, broth, brown sugar, curry paste, fish sauce (if using) and lime juice to the pan. Bring to a boil, stirring. Reduce heat to a simmer, cover and cook, stirring occasionally, until the vegetables are tender, 8 to 10 minutes.
- 4) Return the duck to the pan; stir to coat with the sauce and cook until heated through, about 1 minute. Remove from heat; stir in basil and serve immediately.

