

# Honey and Melon Duck Breast with the thermomix

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|                             |                               |                                  |                           |
|-----------------------------|-------------------------------|----------------------------------|---------------------------|
| 10 min                      | 10 min 15 min                 | 10 min 15 min 25 min             | 10 min 15 min 25 min 3/10 |
| 10 min 15 min 25 min 3/10 6 | 10 min 15 min 25 min 3/10 6 5 | 10 min 15 min 25 min 3/10 6 5 13 |                           |

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### 10 min 15 min 25 min 3/10 6 5 13

1L water  
160gr of rice  
3 Duck Breast  
3/4 Melon  
2 tablespoons of honey  
Salt

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<span itemprop="recipeIngredient">1L water<br/></span><span itemprop="rec

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Slice the duck breast and season them with honey.

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Slice the melon.

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In the Varoma place a slice of breast duck followed by a slice of melon until all used.

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Rince the rice with cold water and place it into the basket. Place the water in the bowl with a pinch of salt.

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Set the Thermomix on Varoma a for 15 minutes on speed 2.

Bon appetit !