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	

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

1L water
<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 !

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