

Honey and Melon Duck Breast with the thermomix

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

1L water
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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 !