

# Five Spice Duck Breast with a Tamarind Sauce

Yield: 2 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/duck-breast-chinese-five-spice-recipe>

## Ingredients:

- 2 duck breast
- 4 teaspoons five spice powder
- salt
- pepper
- olive oil drizzle of, for frying
- 1 tablespoon chopped garlic 2 cloves
- 2 tablespoons fresh ginger peeled and finely chopped
- 3 tablespoons tamarind paste mixed with a splash of water
- 1 tablespoon oyster sauce
- 1 tablespoon fish sauce
- 2 tablespoons brown sugar
- 6 3/4 tablespoons chicken stock

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 5 milligrams
4. Fat: 11 grams
5. Fiber: 5 grams
6. Protein: 3 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1410 milligrams
9. Sugar: 14 grams

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