

# Duck with vegetables

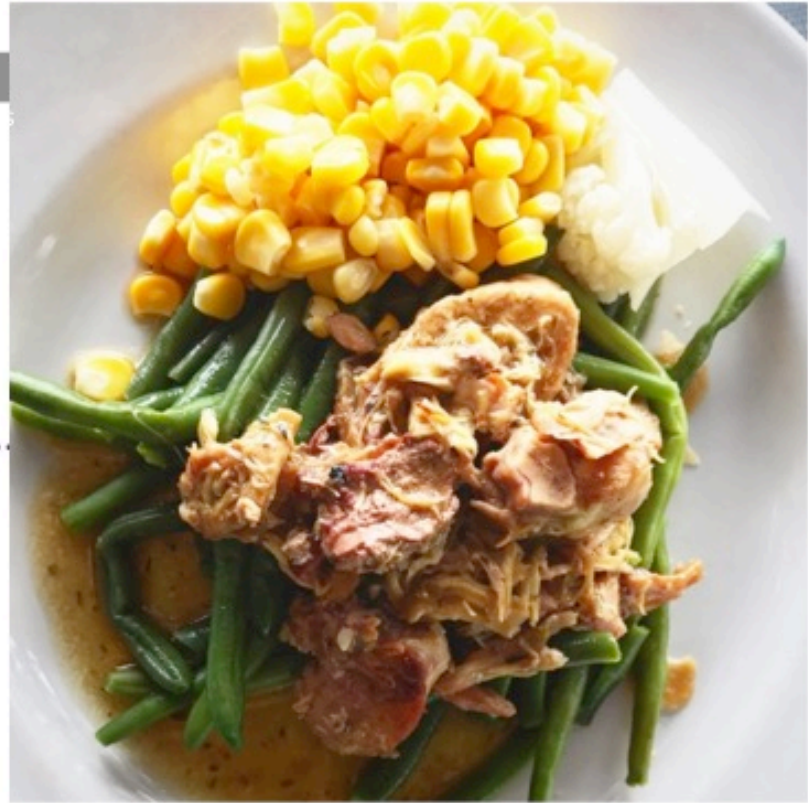
★ Medium 🔍 45 minutes 🍽️ 2 portions

*Tips: I normally don't eat carbs at night, so if you are on a diet it's always a good way to have less calories by dinner time.*

## INGREDIENTS

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- 200 grs of duck breast
- 1 onion
- 1 pack of green beans
- 1 tin of sweet corn
- 1 teaspoon of coconut oil



## PREPARATION

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1. Dice the onion and fry the duck breast in it for about 10 minutes or until it goes really brown. At that point add bits of water to let the duck cook, which will take 15/20 minutes.
2. Once it is cooked, with the help of 2 forks shredded it
3. Cook the green beans on the microwave for 10 minutes and place into the plate with the duck on the top, the sweet corn on the side and serve.