



mini duck
Kebabs
with harissa on isreali couscous

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Serves 4

Ingredients (Duck Kebabs)

4 duck breasts, cut into cubes ¼ cup (63 ml) molasses
1 cup (250 g) cooked Israeli couscous Salt and pepper to taste

Method (Duck Kebabs)

1. In a mixing bowl, place the duck cubes, molasses, salt and pepper. Coat the duck with the molasses, cover and refrigerate overnight.
2. Prepare the Israeli couscous as directed on the package.
3. Preheat the grill to a medium/high heat.
4. Grill duck until brown on all sides.
5. Remove the duck and serve over couscous with a side of Harissa.

Ingredients (Harissa)

2 roasted Paysanne red bell peppers* 1 garlic clove, peeled
2 tbsp. (30 ml) extra virgin olive oil ¼ tsp. (2 g) red pepper flakes
A pinch of ground caraway ½ tsp. (3 g) salt
A p of ground coriander ¼ tsp. (2 g) pepper

Method (Harissa)

1. Blend the Paysanne roasted red peppers, garlic, caraway, coriander, olive oil, red pepper flakes, salt and pepper.

Roasting method

Coat peppers with a light layer of vegetable oil. Rotate peppers over open flame, either on a bbq or gas stove, until peppers turn black and blister. If an open flame isn't available, a broiler can be used. Slice the pepper in half and remove the core, seeds and membrane. On a broiler plate, place peppers open side down and broil until skins are black and blistered. Cover peppers in a bowl and allow to rest for 15 minutes. Peel the black skin off.

Nutritional Facts per serving (211 g): Calories 280

Fat 11 g (17 %), Saturated Fat 2 g + Trans Fat 0 g (10 %), Cholesterol 65 mg, Sodium 60 mg (3 %), Carbohydrate 29 g (10 %), Fiber 1 g (4 %), Sugars 14 g, Protein 19 g, Vit A (2 %), Vit C (200 %), Calcium (4 %), Iron (35 %).
% = % Daily Value



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