



# Pheasant & Rice

## Pan-Fried Pheasant with Orange Sauce

### *Ingredients for Crust*

4 pheasant breast  
Salt & Pepper  
Olive Oil  
2 c. Instant Rice  
2 c. Water  
Orange Sauce, or sauce of  
choice

### *Directions*

Bring water to a boil. Stir in instant rice. Cover, return to boil, and steam for 5 minutes. Or follow instructions on your box of instant rice.

Remove any leftover bones, unwanted fat, or skin. Cut thawed pheasant breasts into cubes, going against the grain.

Pre-heat a skillet on high heat. Once heated, add a small layer of olive oil, turn down to a medium high. Add pheasant meat.

Season with salt and pepper. Turn once the bottom of the pheasant has begun to cook. Keep turning until all sides of the pheasant is thoroughly cooked to 165°F.

Plating Quick Option: Plate the rice, followed by a layer of pheasant, and then a layer of orange sauce. Serve and enjoy!

Plating Quality Option: In a second skillet on medium heat, combine cooked pheasant with orange sauce, or sauce of choice. Plate the rice, followed by the orange flavored pheasant.